

# Crutch Stretch Home Instructions

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## Tip Down Method

Use a standard crutch.

Weave your ankle into the open area beneath the crutch handle and rest your heel on the bottom tube where you can make adjustments to the crutch height. Place a small towel here to pad the bone.

Rest the hand grip on your lower leg bone, **BELOW** the kneecap. Place a small towel here to pad the bone.

Apply gentle, downward pressure on the underarm pad to stretch the knee out straight.

**Hold 30 seconds**

**Repeat 10 times; 3-5 times daily**

**OR**

## Underarm Pad Down Method

Use a standard crutch.

Weave your ankle into the open area beneath the crutch handle and rest your heel on the hand grip. Place a small towel here to pad the bone.

Rest the underarm pad on the floor. Place a rolled towel on the lower leg bone, **BELOW** the kneecap. The towel will act as a pivot for the stretch; increasing the size of the towel roll will increase the stretch.

Apply gentle, downward pressure on the tip of the crutch to stretch the knee out straight.

**Hold 30 seconds**

**Repeat 10 times; 3-5 times daily**

