Forearm Crutch Measuring

Crutch Type: Basically, you should stay with the style crutch you are used to unless your circumstances have changed. Even if you are comfortable with the fit of your present crutches, check them against the following…

Correct Arm Cuff Location: The higher up on the forearm your arm cuff is, the greater the mechanical advantage you get. However if it is too high up, the cuff will bite into your upper arm when you stoop over to pick something up from the ground. As a general rule of thumb, the distance between the point of your elbow to the top of your arm cuff at the back should be about 3 inches if you are of average height of around 5' 8". If you are 6' tall or taller, that measurement should be about 4". If you are 5' tall the measurement should be about 2". The best way to measure this distance is to sit down with one crutch on and point the crutch tip at the ceiling, bending your elbow at a 90° angle. Take a ruler and lay it on the back of your forearm so the end of the ruler touches the back of the cuff. Then read the distance to the point of your elbow. This is only a guideline, as we all know; everyone's body is different proportionately. If your current crutches are adjustable, try them at different heights. If you decide that indeed your cuffs are too low by say an inch... add the inch to the X measurement after you measure your crutch.

Correct handgrip to ground measurement: Do you often stub your crutch tips on the ground? It may mean you crutches are too long. Do you feel stoop shouldered? They may be too short. Try this test. Standing tall with your crutches at you side, allow your hand to drape over your handgrips. Ideally, the deep crease between the heel of your hand where it joins your wrist should line up with the top surface of your handgrip. If that crease falls way above the top of the grip there is a good chance your crutches are too short. If the crease is below the top of the grip, your crutches are probably too long. Try different adjustment holes. If one hole feels a bit too long and the other feels a bit short, split the difference when submitting you final measurements.

To take the X measurement: Do not use a ruler…use a metal tape measure. Hook the end of the tape onto the top middle of one side of the cuff. Run the tape straight down past the handgrip and record the distance from the top of the arm cuff down to the top surface of the handgrip.

The Y measurement: To take the y measurement, hook the end of the tape on the bottom of the crutch tip and measure to the top surface of the handgrip.

Cuff Size: The last measurement we need is the distance around the largest part of your forearm, where you wear your crutch cuff. Wrap a string around your arm and mark it before measuring its length. This will enable us to get you the correct cuff size.