

## **Custom Single Shafted Underarm Crutches Unipoise and Shepherds Measuring Instructions**

The first step in ensuring that we build a properly sized crutch or crutches begins with you tracing your existing crutches. It is important that you are comfortable with the dimensions of your existing crutches since we will be using the tracing and measurements as a template to build the new crutches. If your existing pair of crutches is identical to each other, make only one tracing, but be sure to indicate that you are ordering a pair. If you have two crutches of different lengths, please make a tracing of each crutch and note that there are differences in the dimensions. If you would like to order only one crutch, please notify us on the order form.

Start by laying out your crutch on a sheet of paper (the back of wrapping paper is often white) that is large enough to accommodate your crutch tracing and some additional notes. Note: It is also acceptable to use plain paper sheets, taped end to end. It is important that you make your tracing with your crutch tips, underarm pads, and handgrips installed. If you do not use an underarm pad and use simply a bare underarm top piece, for example, make your tracing with the crutch as is, and notify us on the order sheet or tracing that you do not use a pad. Now, make your tracing around all of the components of the crutch, holding your pen or pencil close to the edges to ensure accuracy.

After you complete your tracing, it is time to take some measurements off of the actual crutch. We recommend using a tape measure, if possible, as the hooked end will aid in the process. There are two measurements that are used to achieve the correct height on the final crutch or crutches. We call them "X" and "Y."

The "X" measurement will determine the position of the underarm piece in relation to the handgrip on the final crutch or crutches. Once again, it is important that you take this measurement with your crutch accessorized in the state that you use it. If you use a padded underarm piece cover, for instance, you will take your "X" measurement with the pad installed, from the low point of the top surface of the padded underarm cover (where your underarm rests) to the top surface of your handgrip. If you do not use a handgrip, and use simply the bare hand post, measure to the top surface of the bare post. Please make your measurements accurate to 1/8". Now, note this as the "X" measurement on both the order form and on the tracing.

The "Y" measurement will determine the distance between your handgrip and the bottom of the crutch tip. It is important that the crutch tip be installed when you take this measurement. Measure from the top surface of your handgrip (or bare hand post if you do not use a handgrip) to the bottom of the crutch tip. Now, note this as the "Y" measurement on both the order form and on the tracing.

Shepherds and Unipoise crutch styles are used by some with the handgrip post pointing backwards, while others prefer to turn them around and use them the other way. The adjustable Shepherds crutches made by Lumex had the handgrip post pointed backward (with your thumb and forefinger pointing towards the vertical crutch shaft). We feel there is an advantage to using the crutches with the handgrip post facing forward (with the heel of your hand close to the vertical crutch shaft), but we will be happy to build your crutches either way. However, it is important that you notify us of the direction on the order form and tracing, as it will affect the manner in which we mount the handgrips. We will call you to confirm receipt off your order and to ask you any questions we have about your order.

Print out a copy of the order form, fill it out and fold up your tracing and enclose it in an appropriately sized envelope and send to:

Thomas Fetterman Inc.  
637 N 12th St., Rear  
Philadelphia, PA 19123