

Motivated Mom's Manual To Recovering on Crutches

***Tips from other moms on how to do it all
while staying off your healing foot after injury or surgery***



How You Feel



How Others See You

Note: This is not medical advice, but tips from others you have been where we are. If any of these tips go against what your doctor or health care provider directed, follow their instructions. They are trained medical professional who know your unique circumstances.

The worst has happened...mom injures herself or has surgery and lands on crutches. Once you've been a mother for a while, you likely have the whole parenting thing down to a science. Sure, there are always going to be bumps in the road like a sick child and other unexpected events, but for the most part, you know what you are doing. Though you are always busy, your life works pretty well.

And then, the unthinkable happens. You have an unexpected injury that forces you onto crutches for an extended period of time. Suddenly, even the minute details of your day like making breakfast for your children or kneeling next to the bath tub have taken on a whole new level of difficulty. You wonder if there is any way you will survive the weeks ahead of you. This guide will help you get through the recovery process from the adjustment period to the end of the road.

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The Adjustment

Dealing with Change

There are many things you can do to deal with the change in order to help yourself through the tough weeks. First, if you are using crutches, make sure you are comfortable with them. That might mean adding pads to the armpit or hand areas to help you from becoming sore in those areas. Make sure the crutches are set at the right height and stand up straight when you use them so you don't get a backache.

Second, you will have to find new ways to do things around the house in order to accomplish everything you did before. You need to understand that things are likely going to take you longer and you may tire out faster during your recovery.

Third, take help when it is offered and ask for it if it is not. It is hard for an independent mom to admit that she can't do everything she used to do so easily. But when you are injured in such a way, there is no shame in asking for help.

Fourth, look for alternatives to crutches. There are many things that will be impossible or at least uncomfortable on crutches. Consider using a device like the Hands Free Crutch, which gives you back the use of your hands while keeping you off your injured leg. The Knee Walker and Seated Scooter are also wonderful alternatives.

Take your recovery one day at a time and you will deal with the change well.



Tips to cope with injury related attention

When you have an injury that keeps you off one of your legs for a period of time, you might find that you have more opportunities to talk to strangers, acquaintances, and even friends. This might be something you enjoy but it also might be something you dread, depending on the day and what you need to get done. Either way, you will have to adjust to your new station in life for the duration of your recovery.

In order to cope with your new attention-grabber, here are five tips to help.

1. Enjoy it

It's not often that moms have the opportunity to be the center of attention. While sometimes you may simply not have time to explain your injury, when you do, revel in the chance. With any luck, you will never have to be on crutches again so enjoy the attention.

2. Rush It

If you do not have the time to talk about what you did to your leg or give the details of your surgery, single sentence answers in the store can suffice. If someone asks you what you did, give a short answer and keep moving.

3. Practice Your Storytelling Skills

If you're never the person at the party telling the great story, this is the perfect chance to change how you are able to tell stories. You will get to practice the story of your injury many times so add details and you will soon feel comfortable talking to others about yourself and your funny situations.

4. Meet New People

Many moms feel isolated since they live with little ones day in and day out. When people approach you to ask about your injury, you will have a brand new chance to meet new people and perhaps even make some new friends. At the very least, you will get to have a few conversations you otherwise never would have had.

5. Change the Subject

If you do not feel like talking about your injury, one of the best things you can do is detract attention from yourself.

Tips to get around the house safely on crutches

Getting around the house has always been dangerous. Your kids leave toys and books all over the floor and the hallway has plentiful shoes, socks, and other assorted pieces of clothing. Here are a few tips to help you survive crutches within your own home.

Tip#1: Move slowly.

Each time you need to move, do so with extra care. You never know when one of your children is going to dart into the room or when the dog might hear a noise outside. If you are moving slowly, you will usually be able to deal with unexpected events that lie before you or behind you.

Tip#2: Think ahead.

Since it is likely hard for you to get around on your crutches, you will need to consolidate your trips into as few as possible. If you need to get up and go to the bathroom, stop by the kitchen for a drink and a snack as well and pick up a new magazine from the bin by the chair on the way back.

Tip#3: Put everything you need on the main floor.

If you live in a multi-story home, keep as much as possible on the main level. When you first arrive home, find a place to sleep on the main floor and move things like your toothbrush, hairbrush and other essential toiletry items into the bathroom on the main floor. You will be able to navigate the stairs eventually, but at first you will want to stay on one floor.

Tip#4: Utilize a rolling chair or find other alternatives to crutches.

Crutches can be very hard on the arms and armpits. A great way to get from place to place while you carry things is by simply rolling yourself across the floor on an armless rolling chair. Rolling chairs can only help you in certain ways, but there are plenty of alternatives to crutches that can take you much farther. A [knee scooter](#), also known as a knee walker or by the brand name of the first company to make them, Roll-a-bout.

Tip#5: Be patient.

If you are on crutches, everything is going to take you three times as long as it did in the past. Be patient with the amount of time it takes you to do things and keep in mind that it's not forever...you will recover and get back to your normal life eventually.



Everyday Life

Tips to maintaining a home on crutches

Moms have hard jobs. They are often the person who has the most obligations out of anyone else in the house. Not only do they cook and clean, but they act as chauffeur, nurse, financial wizard and they fill many other positions. When the mom in the family has surgery or some kind of accident and has to get around on crutches, life can be very hard for those who rely on her. Here are five tips for you as the mom to help you maintain your house as you recovers.

1. Let it Go

One of a mom's biggest problems is that you sees things that other people don't see. The magazine pile beside the chair...the crumbs on the floor...the stack of mail on the counter. If you think you can do everything on crutches that you used to do on two feet, you're simply not thinking straight. The best thing you can do for your recovery is let a few things go.

2. Take it Slow

Do not try to tackle all of the normal household chores in one afternoon. Be satisfied with simply getting the dishes put away. One small task for a mom on crutches will and should take longer.

3. Utilize the Crutches

Moms on crutches should take heart...there are actually things you can do within the home that they could NOT do before! The crutches that leave you feeling stranded and disabled can actually become a handy tool. Attach dust rags to one of the crutches while balancing on the other to reach those high places that never get dusted. Put a spike on the end of each crutch to aerate the lawn. Housework will still be harder to do, but with a little creativity, crutches might come in handy.

4. Look for Alternatives

If you are finding maintaining the house impossible on crutches, there are plenty of alternatives. Hands Free Crutches, Knee Scooters and Seated Scooters all offer more mobility stability and freedom than standard underarm crutches. All can be purchased or rented which may be a cost effective alternative if you're only off your foot for less than a few month.

5. Ask for Help

Moms are so used to doing everything themselves that it can be hard to ask for help. But if you really want the house to run the way it did when you were in perfect help, you are going to need to learn to ask for help. There are even professional concierge services that routinely help busy people and those recovering.

Cooking on Crutches

When mom is on crutches, the cooking is not the same. Once you get over your injury a tiny bit and want to start getting back into your normal routine, cooking is one of the easiest tasks to tackle on crutches, but that doesn't mean it's easy. Here are some tips for mom to take into consideration when you have to cook on crutches.

1. Move Necessary Items

If you keep anything on high shelves, make sure they are moved to lower shelves so you can easily get to them without causing yourself any more injuries.

2. Free Up Your Hands

It is very hard to cook with one hand. It is even harder to cook with none. Crutches can hinder the way any meal turns out because you cannot carry things from place to place and you cannot stir and whisk at the same time. The Hands Free Crutch maybe the perfect solution. So easy even, a man can cook with it.

4. Cook in Bulk

In order to avoid cooking on a daily basis, you might want to cook large meals and freeze the leftovers. That way, on the days when you are worn out from other activities, you can simply warm up one of those saved meals.

5. Learn to Give Instructions

One of the hardest things for a mom to do is give up control in the kitchen, or any other area of the house. When you are on crutches, however, you may have to admit that you need help. Get out your favorite recipes, sit nearby, and give instructions as someone else does the cooking for a change.



Cleaning on Crutches

Cleaning is something many moms do on a regular basis. Here are ways families can get through the time that mom is taken out of the equation due to her injury or surgery.

-Pitch in

The most obvious answer is that the rest of the family members should simply pick up mom's slack.

-Hire help

There are plenty of high school and college kids that would be thrilled to take on a private, part time job. There are also professional services online that can help during the recovery process.

-Find alternatives to crutches

If the family isn't helping out as much as mom needs and there isn't enough money to hire extra help, you might wonder what you can do to your own mobility back, including the use of your hands so you can do some of the work yourself. Many moms do not know that there are alternatives to crutches on the market, but you will be happy to find many options that can be purchased or [rented online](#).



Health & Fitness

Keeping fit during recovery

If you have to be on crutches for even just a few weeks, you might feel like you will gain weight and lose any ground you have covered by working out. Instead of worrying about gaining weight and losing muscle while you are off your feet, think of your recovery as an opportunity to try new forms of working out. Here are some things you can do for exercise while you are on crutches.

-Strength training

As women age, strength training is a very important aspect of staying fit. Use small weights at home or try out some of the machines at the gym you have never touched before.

-Ab work

When you are confined to just one leg, one of the easiest things you can do is lay on the floor with your legs propped up on a chair. Not only will this position take the weight off your leg, but it is the perfect position for doing sit ups of many different kinds.

-Swimming

Depending on your injury, swimming might be the perfect workout for you. If you have a cast on your leg, you are probably not supposed to get it wet so you will have to try one of the other alternatives. If you simply are wearing a brace or a boot during your recovery, swimming is a great way to get a full body workout without putting any weight on your injury.



How to shower safely while on crutches

Showering or bathing is something you likely did on a daily basis before your injury, without a second thought. Now that you are on crutches, however, you have to think through the process so you can safely shower without interfering with your recovery.

-First, you will want to make sure you have someone help you into and out of the shower the first few times you attempt to get clean after your injury.

Second, make sure you have plenty of shower safety devices installed before you attempt a shower in your own home. Look into non-slip bath mats, [grab bars](#), and [adjustable shower bench](#) to help you navigate your way through a shower safely. You will need to keep your cast or dressing dry. While a plastic bag may work, consider a [latex free cast cover](#) that is guaranteed to last the life of your cast.

-Third, make sure the path you will take to and from the shower is clear of clutter and well lit.

As a mom, you probably don't get the chance to take your time in the shower very often. Use your recovery as a chance to enjoy your shower.



How to keep up your appearance while on crutches

Moms don't generally have a lot of time on their hands. You might wonder how you are going to do everything you used to do once you have surgery or an unexpected injury and land on crutches for an extended period of time. More importantly, however, you might wonder how in the world you are ever going to look normal during your recovery. Here are a few suggestions:

-Accessorize

No woman feels completely at ease with her outfit unless she is properly accessorized. That means that you have on the right earrings and necklace and are carrying the right purse.

-Try something new

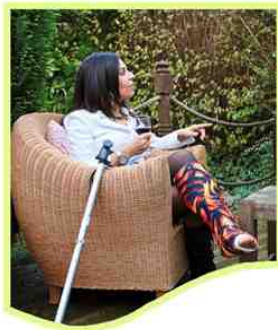
If you never allowed yourself to wear certain types of clothing before, but you simply can't get your regular jeans over your cast, give yourself permission to try something completely different.

-Personalize your cast

If you are tired of a bland cast consider adding [decals called Casttoos](#) that can vary from flowers to flames. You can also get [fabric sleeves in a variety of colors and patterns](#) to cover your cast and keep it clean.

-Shorten your routine

When you are on crutches, everything takes you longer and it is possible that after you struggle through a shower, you will not have energy for much else. During your recovery, shorten up your routine by letting your hair air dry or doing away with a few part of your makeup regimen. You may end up liking a more natural you.



The Boredom

Staying sane on crutches

As a busy mom, it is downright hard to sideline yourself from your everyday activities. You might enjoy it for a few days, but after that, you get downright bored. In order to stay sane during your recovery, take advantage of the “time off” from your everyday life and do a few things for yourself for a change. Here are a few ideas to help keep your mind active while your body is at rest.

Idea 1: Give Yourself a Makeover

You do not likely have time every month or even every year to pamper yourself.

Idea 2: Catch up on Magazines and Books

You may subscribe to a magazine, but you likely don't get to read it very often. Pick up that pile and storm through it.

Idea 3: Work on Christmas Cards

It doesn't matter what time of the year your injury occurs, it is never too early to choose and address your Christmas cards.

Idea 4: Call Friends to Chat

When was the last time you had a few minutes to call a good friend and just talk about life? Use your recovery as a chance to catch up.

Idea 5: Look into Alternatives to Crutches

If the idea of being on crutches for very long makes you shudder, look into other options. Look for modern options that can be purchased or rented. The [Seated Scooter](#) mobility device that can help you get the rest you need while moving from place to place with ease. If you prefer to stand, the [Knee Scooter](#) is a great option. For those who need use of their hands, which most mothers do, the [iWALKFree hands free crutch](#) is a great device that help you do it all once again.

Idea 6: Update Your Photo Albums

You will be thrilled to be caught up and your family will be excited about the results.

Idea 7: Refresh your iPod

When you are trying out crutches around your house for the first time, you will finally have the time you need to fill your iPod with inspiring new tunes.

Idea 8: Learn a New Skill

If you have always wanted to play guitar, learn how to cross stitch, or some other skill that takes practice, do it while you are on crutches and confined to your home.

Idea 9: Organize

Whether it is your financial statements, your Tupperware cabinet or your junk drawer, there are plenty of things that could use a little of your time.

How to entertain children from a seated position

Being a mom never goes away. You still have to find ways to entertain your children, even with your injury. The difference is that now that you are on crutches, you won't be able to take them to the park, play ball with them in the yard, or engage in a game of hide and go seek. You will have to get creative. Here are some options you could try during your recovery.

Option 1: Break out the Board Games

Offer to play any game they want as long as they bring it to you and get it all set up and ready.

Option 2: Reading

Have your children bring some of their old favorite books to you and spend as long as you can read to them.

Option 3: Coloring and Crafting

Coloring with your child is not only a great way to pass some time, but it is also a wonderful way to spend time with your child and have a nice conversation. You can also come up with some simple craft projects that can easily be done from the seated position. Turn toilet paper rolls into binoculars with construction paper and a little tape. Use the old oatmeal cans to make mailboxes. Build bridges out of popsicle sticks. The options are endless.

Option 4: Ask for Help

There is no way to keep any child inside all of the time. When you run out of ideas, call your friends and neighbors and ask if they would be able to take your children along on their next outing to the park.



Play dates on crutches

Once you land yourself on crutches, making it to play dates becomes much harder. In order to ensure that you are not the only mom whose kids are missing from the fun, follow these simple tips to make it easier on yourself.

Tip 1: Take Charge

If you are not able to make it to the park that is covered with sand and you simply cannot fathom a day at the zoo, take charge of the play dates and arrange activities that you CAN attend. Invite your friends and their kids to your house for fun in the backyard or crafting activities inside.

Tip 2: Sideline Yourself

A trip to the local park usually means climbing all over the equipment with your children as they push you down slides and call for you to catch them once you hit the bottom. Just because you go to the park does not mean you have to play. Use the play dates as good reason to get out and get fresh air. Also use them to force your children to play with other kids and adults you trust.

Tip 3: Send the Kids

During your recovery, you may find that you tire out easier than you did in the past. If this is the case, ask a good friend or neighbor if they would take your kids along with them to the play dates.

The Upside

Life lessons learned from crutches

Hobbling around on crutches isn't necessarily a bad thing. In fact, there are things you can learn from your ordeal. During your recovery, you may as well learn a few things.

Lesson#1: There are people that deal with pain all the time

Before you had to move across the room on crutches, you might not have given much thought to pain. When you have to keep your weight off one leg because of a surgery or injury, you will have time to consider those around you who are in that kind of pain much more often. Not only will you have more sympathy for people in various forms of pain, but you will better understand how you can help them.

Lesson#2: People around you are more capable than you think

If you are the type of mom who feels as if you have to do everything for your family, getting around on crutches will soon teach you that you have to lean on the people around you as well as your crutches.

Lesson#3: It is okay to take a break

It is hard for a mom to understand sometimes that her whole family will not stop spinning through their routines if she is taken out of the equation. This is a great lesson for you to carry away with you after you have recovered. It is okay for you to take a break from your duties as a mom and let the family carry on the daily routine without you from time to time.

Lesson#4: You have very special people in your life

When you are on crutches, unable to do so much for yourself, you will see certain people in your life step up to help. Some of these people may be ones that you did not expect to come to your aid. They might be neighbors, acquaintances, moms of your friend's children or any number of other people. You will soon learn how valued you are to the people around you.

Lesson#5: Using crutches will take your mind off the pain in your leg

Crutches can be very painful on the armpits and hands. If you feel pain in those areas, you will not feel pain in your leg as much. However, you can always look into much less painful modern alternatives such as the [iWALKFree, a hands free crutch](#) as well as the [Knee Walker](#) and [Seated Scooter](#), all available for rental or purchase with free delivery from [GoodbyeCrutches.com](#). Not only will these devices cut down on your overall pain, but they will also help you get around your house and everywhere else more easily.

Keep your eye on the prize



**Focus on your goal of
healing completely and quickly**

Here are some other helpful sites:

[My Broken Leg: Patient Forum where you can ask questions and get answers](#)

[Ankle Foot MD: Great articles from Dr. Lance Silverman, MD a Foot and Ankle Specialist](#)

[Austin Foot and Ankle: Great articles from Dr Craig Thomajan, DPM Foot and Ankle Specialist](#)

[Video Library from Financial Distric Foot and Ankle](#)

Did you get all of your questions answered?

This is the 2nd generation of the
**Motivated Mom's Manual
to Recovering on Crutches.**

**As we get feedback we continue to add and clarify
the guide so that you can get the most accurate
and helpful information**

It's our honor and privilege to you serve you.



www.GoodbyeCrutches.com

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