

# Sizing Guide for In-Motion Forearm Crutches



## INSTRUCTIONS

- 1** Wear the shoes you will most commonly wear during crutch use.
- 2** Standing upright with good posture, measure from the floor to your hip\*.
- 3** Using this measurement, look at the range of handle heights in the short and tall forearm crutches listed below. Wherever your measurement falls is the crutch size you should use.

**3 In-Motion Forearm Short (MWD7000)**  
Floor to Handle Height - 21" to 28.5" with 8 positions

**In-Motion Forearm Tall (MWD7500)**  
Floor to Handle Height - 28" to 40" with 13 positions

\*Handles are usually the most comfortable when placed close to hip height, creating a slight bend in the elbow and allowing the user to stand up straight.