

The Adjustable Crutch Forearm Support Shelf

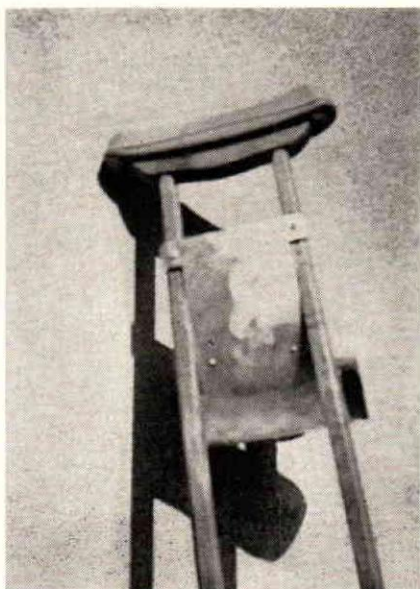
For the Patient With Both Arm and Leg Injury

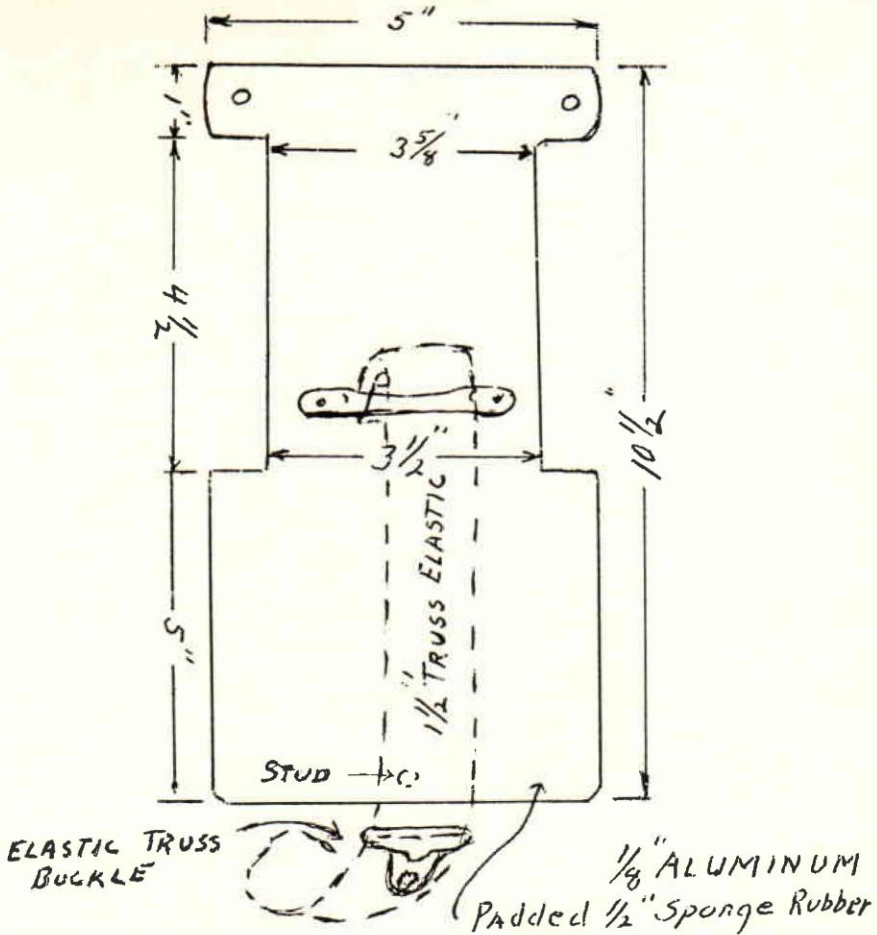
By JACK R. PAVA, C.O.

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In my 36 years' experience as an Orthotist, it was only recently that I had an inquiry for a forearm support for a crutch. Yet at this writing, I have made three. It seems the medical profession just did not imagine it possible to get their patients with arm and leg involvement out of bed, using crutches. My first inquiry was for a below-elbow amputee with a leg injury. The next case was for a patient with one arm in a cast who had just had part of his foot amputated, due to an accident. The third request was for a patient with just a sprained wrist and a sprained ankle. None of these cases could bear weight on one hand to be able to use crutches. My design enabled these people to become ambulatory much sooner, thereby improving their morale, as well as allowing their earlier release from the hospital.

To eliminate the problem of exact measurements between the axilla and elbow-forearm weight-bearing surface, this support shelf is attached to a wood, adjustable crutch by two small wood screws. Extra holes were drilled into the crutch upright $\frac{3}{8}$ " apart for the finer adjustment at the time of delivery. Because of its design, it will securely support the weight of





any patient as the weight on the crutch shelf is thrust against the uprights of the crutch, thus minimizing the strain on the wood screws.

The accompanying photographs and sketch should be sufficient for duplication; however, the following materials are all that are necessary:

1/8" 24ST Aluminum, heated to the temperature that will melt solder and then quenched to reduce brittleness while shaping, as per sketch

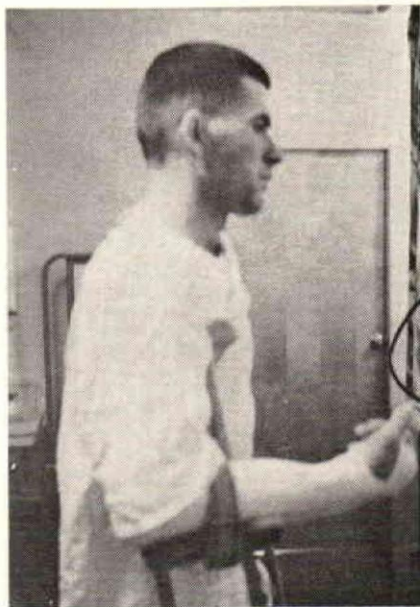
1/2" sponge rubber for padding where the arm rests

1 1/2" truss elastic strap sewed to a metal bar on the inside of the shelf

Truss buckle, together with a stud, for holding the forearm in place on the shelf

2 wood screws to secure shelf to crutch uprights

This simple device was enthusiastically received by both the referring doctors and the patients. Upon mentioning it to other orthopedic specialists, they reported they had often had cases with the similar involvement but just did not realize there was any appliance that could be made to solve the problem of earlier ambulation for these cases.



In Memoriam

Benjamin Starek, C.P.

Benjamin Starek, C.P., of the J. F. Rowley Company of Chicago, died suddenly of a heart attack on September 27, at the age of 64. Mr. Starek had been with the Rowley Company for 46 years.

Mr. Starek was one of the early Certifees in Prosthetics. He was Certified in 1948, and held Certification Number 111. His work in prosthetics has been distinguished, and he will be greatly missed by associates and friends.

Raymond A. Beales, C.P.

Raymond A. Beales, C.P., of J. E. Hanger, Inc., Washington, D. C., died on Sunday, December 8, at the age of 58. He had been ill since May of this year. Mr. Beales had been with Hanger since 1923, and received his Certification in February, 1949.

Mr. M. P. Cestaro, writing of the death of Mr. Beales, described him as a long-time employee and valued associate whose passing he announced with sorrow and regret.