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What are the Common Crutch Accessories by Tracy

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Although crutches can be of immense help to aid mobility during a leg injury, it takes time and patience to get accustomed to wearing them. Even the most mundane tasks such as walking or getting on a bus seem difficult. And to add to their woes, crutch wearers have to also manage the soreness and pain that occurs as a result of prolonged usage. There are several accessories like crutch pads and cushions to help people eliminate pain:

- Crutch Pads: These pads are worn over the crutches and provide comfortable padding. You can choose from a wide variety of colors and designs. Theyâ€™re usually made from latex free, high density foam to provide comfort and hygiene. Besides, theyâ€™re durable as well. Gel pads are also a popular choice, as they are known to mould according to the body contour. Inferior quality crutch pads are made from rubber, are thin, and do not offer much beyond basic support. These inferior pads arenâ€™t durable, have a tendency to peel and are difficult to clean. When choosing underarm pads, make sure that they are easy to wash and clean. Thanks to underarm sweat, these pads can get very dirty and also breed germs. However, choosing pads that can be cleaned allows for good hygiene.

- Crutch Bags: These are bags that can be hung on the crutch handle grip, and used to carry cell phones, bottles and other essentials. Some of these have an extra pocket to accommodate cell phones. Theyâ€™re roomy enough and perfect for any size of hands, thereby allowing you to arrange your things neatly. Even though the bag is tied to the lower half of the crutch, you do not have to worry about the bag bumping your leg, or getting in the way. You can choose from a wide variety of colors and designs to match your style.

- Crutch Handle Grips: These grip pads help to ease the pain that results from holding the handle. As with crutch pads, there are different materials to choose from. You can choose from the latex, rubber, or the gel types. The latex ones have high density foam that can be easily contoured to eliminate pain. The foam also helps in keeping off germs and other bacteria. These are especially useful when renting crutches. The bacteria and germs left by previous owners of rented crutches can be avoided through these grip pads. Theyâ€™re light weight and decrease pain when limiting the weight of the crutch, and can be easily cleaned.

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a Crutch pads are designed to offer comfort and reduce pain while using crutches. The author is an expert in the crutch arena and has written many articles regarding a grip pads and a underarm pads in the past.

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