

service in ACTION

Clothes for independent living-- comfort when using crutches

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no. 8.544

Quick Facts

- A piece of fabric set in a garment at the underarm is called a gusset.
- A gusset gives extra room so that clothes don't bind, tear or hike up at the sides when using crutches.
- To prevent skin irritation from the rubbing of crutches, line a garment inside the underarm with a soft, absorbent fabric shield.

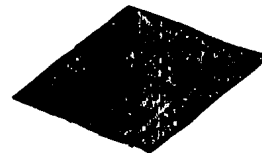


Figure 1.

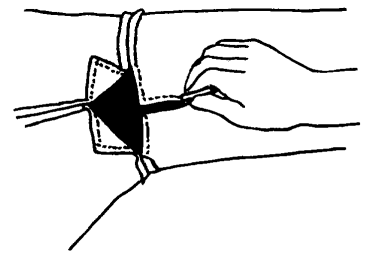


Figure 2.

4. With right sides of the fabric together, pin and sew the diamond-shaped piece into the underarm area of the garment. (See Figures 3 and 4.)

Underarm Gusset

A piece of fabric set in at the underarm (a gusset) gives extra room so that clothes don't bind, tear or hike up at the sides when using crutches. Use a matching or near matching fabric to the garment being altered. A fabric piece can be cut from the tails of "tuck-in" shirts.

1. Cut a diamond-shaped piece of soft knit or woven fabric that is about 4 inches by 6 inches depending on the size of the garment. (Figure 1.)
2. Open up underarm and sleeve seams for 2 1/4 inches to 2 1/2 inches. (See Figure 2.)
3. Turn back the corners of underarm opening. (See Figure 2.)

This information provided by:

1. Reviewed by Kathy Williams, Colorado State University Cooperative Extension apparel and textiles specialist, design merchandising and consumer sciences. Information from Michigan State University Bulletin E-1201, *Clothing Comfort When Using Crutches*. Reprinted with permission. 9/92. ©Colorado State University Cooperative Extension. 1994. For more information, contact your county Cooperative Extension office.

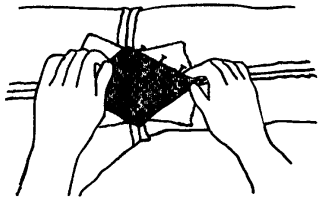


Figure 3.

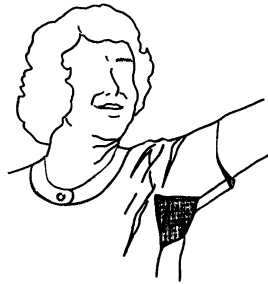


Figure 4. Finished garment with gusset.

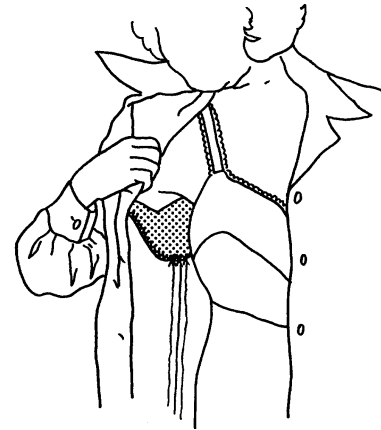


Figure 6.

Underarm Protection

To prevent skin irritation from the rubbing of crutches, line inside the underarm with a soft, absorbent fabric shield. Use a velour, soft stretch terry cloth or several layers of cotton flannel.

1. Cut out a round or oval-shaped piece of the shield fabric. Cut on the bias if it's a woven fabric.
2. Finish off the edge(s) of the oval fabric piece. (See Figure 5.)

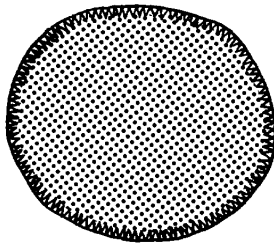


Figure 5.

3. Set it into the underarm area of the garment.
4. Attach it to the armhole and underarm seams with firm but flexible stitches that "give" when strain is placed on the garment. (See Figure 6.)