Advice on using your crutches

After your operation or procedure, it may be necessary for you to use crutches for a while. A physiotherapist will measure and provide you with a pair of crutches and show you how to use them. Depending on your injury, you may or may not be allowed to bear weight on your injured leg. Your physiotherapist will advise you on this before they get you up.

TIPS ON HOW TO USE YOUR CRUTCHES

• When standing up and sitting down, make sure you take your arms out of the crutches and hold them in one hand. This will help to avoid any shoulder injuries.

• When walking with the crutches, keep the handles pointing forwards and your arms close to your sides. Place both crutches forwards together with enough space in between them to step into.

• If you are advised that you are not allowed to put any weight through your injured leg (non-weight bearing), place your crutches forwards together. Now lean through your arms as you hop your uninjured leg up to the same level as the crutches. The foot on your injured leg must stay off the floor at all times when walking.

• If you are advised that you are allowed to weight bear, place the crutches forwards together and then step your injured leg up to the crutches. Now lean through your arms as you step you uninjured leg forwards to the same level.

• When climbing stairs, try to use a banister or rail in one hand and a crutch in the other (you can also carry the extra crutch in this hand):

  GOING UP: Good leg, bad leg, crutch

  GOING DOWN: Crutch, bad leg, good leg.

• Check the rubber stoppers regularly. If they are worn down, bring them back to the Physiotherapy Department where we will replace them.

• Use your crutches as long as instructed by your physiotherapist. When you no longer need them, please return to the Physiotherapy Department.
Doing the stairs

GOING UP STAIRS: GOOD LEG, BAD LEG, CRUTCH

GOING DOWN: CRUTCH, BAD LEG, GOOD LEG
Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

Jezeli chcialbys uzyskac te informacje w innym języku lub w dużej czcionce popros pracownika oddziału o kontakt pod numerem telefonu: 01895 279973

如果你需要這些資料的其他語言版本、大字体，或音頻格式，請致電01895 279 973查詢。

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