

If you require further advice or
please contact the
Therapy Department on 0151
430 1882

Using Crutches

This leaflet can be made available
in alternative languages / formats
on request.

*如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać
udostępniona
w innych językach/formatach.

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Document Number: STHK0772
Version: 2
Review date: 01 / 09 / 2023

Using your crutches to stand

- Hold both crutches in one hand
- Push up from the chair
- Once standing, transfer one crutch in to the other hand
- Put the crutches in front of you and get your balance

Using your crutches to sit

- Have the chair immediately behind you
- Put both crutches in one hand
- Hold the chair arm with the other hand
- Sit down gently

Ideally, you should ask somebody else to hold the crutches while you place hands on each chair arm and lower yourself gently to a sitting position

Make sure you feel confident before you leave the Emergency Department.

Using your crutches to walk

If you are allowed to put weight on your injured leg:

- Put both crutches forward
- Put your injured leg one step forward in between the crutches
- Take your weight onto your hands and step through with your good leg (Do not step past the crutch)
- Put both crutches forward

If you are not allowed to put weight on your injured leg:

- Put your crutches forward, keep your injured leg off the ground
- Take your weight onto your hands
- Bring your good leg forward to level with your crutches

Using your crutches on stairs

- If possible leave one crutch at the top and the bottom of stairs
- Use 2 rails if present, if not use one rail and one crutch to walk up and down.
- Going up push weight through the hand rail and your crutch, leading with your good leg
- Going down lower your weight onto the next step, leading with your good leg.

Safety advice

- Remove obstacles like loose rugs
- Wear flat supportive shoes
- Avoid wet floors
- Ensure adequate lighting in hallways and stairways
- Beware of outdoor hazards such as uneven surfaces

Care of elbow crutches

- Check rubber ends. If they are worn, split or loose, contact the Therapy Department on 0151 430 1882
- Check the adjustable metal poppers are all pushed through the same holes on both of the crutches
- Check the length of the crutches is straight and not bent