

## Further Information

If you require any further information after reading this booklet, please contact:

Physiotherapy Call Centre  
Tel: 01926 600818

### Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to quality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

- You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation
- You have a responsibility to treat other service users, patients and or staff with dignity and respect

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

### PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600054, by email: [Pals@swft.nhs.uk](mailto:Pals@swft.nhs.uk) or by calling in person to the PALS office which is located in the Lakin Road entrance to the hospital.

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SWFT Patient  
Information  
Group



**South Warwickshire**  
NHS Foundation Trust

PHYSOTHERPAY DEPARTMENT

# *How to Use Crutches*

## *(Non-Weight Bearing)*

**Patient Information Leaflet**

**If you are unable to attend your appointment please telephone 01926 600818 to cancel your appointment**

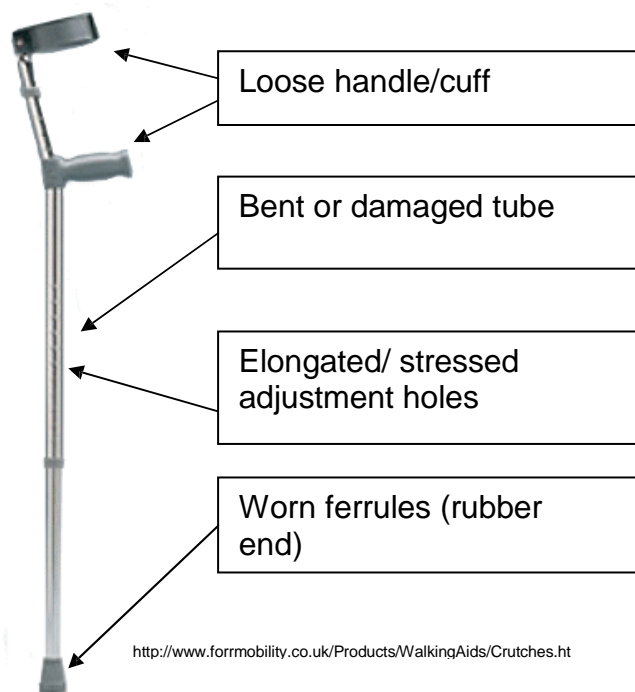
## Introduction

The following information is a guide to show you how to safely walk with your crutches and to go up and down stairs.

If appropriate you will be given metal elbow crutches. A physiotherapist will measure these and advise you on how to use them.

## Safety

It is important to check your elbow crutches regularly as over time they may get worn. Check for:



If you find any problems with the crutches please contact the NRS Store for collection- the number is found on the barcode sticker on the crutch.

## Using Crutches

### Sit-stand

Place the crutches in front of you making a 'H' shape with the handles so you can hold them in one hand. Use one hand on the chair and one on the crutches to push up into standing. When you are standing and balanced manoeuvre the crutches into each hand.

Reverse this to sit back down. Never stand up or sit down with your arms trapped in the crutches



### Walking, non-weight bearing with crutches

Place your crutches forward; keep your affected leg off the ground. Hop forward with your healthy leg to level with the crutches. DO NOT hop past the crutches as this will increase the risk of falling.

### Using the stairs

#### Getting up stairs/kerbs

Stand close to the step. Hold onto the handrail with one hand and the crutch/crutches with the other hand.

Push down through the crutches & hop up with your healthy leg onto the step, and then bring up your crutches.

#### Getting down stairs/kerbs

Stand close to the step. Hold onto the handrail with one hand and the crutch/crutches with the other hand.

First put your crutch down one step.

Keep your affected leg out in front of you and hop down a step with your healthy leg.

Always go one step at a time and hold the unused crutch on the outside of the supporting crutch.