



Using crutches

Information for patients from the Emergency Department

Please speak to a healthcare professional before following the advice below

Remember that these crutches are on loan. Please take care of them, and once you no longer need them, return them to your nearest hospital or Urgent Treatment Centre. Thank you

You have been given crutches by the hospital. This leaflet explains how to use them properly.

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 your crutches.
- Take your weight onto your hands and step further through with your good leg.
- Put both crutches forward.



Using crutches to walk (if you are allowed to put weight on your injured leg)

To walk (if you are not allowed to put weight on your injured leg)

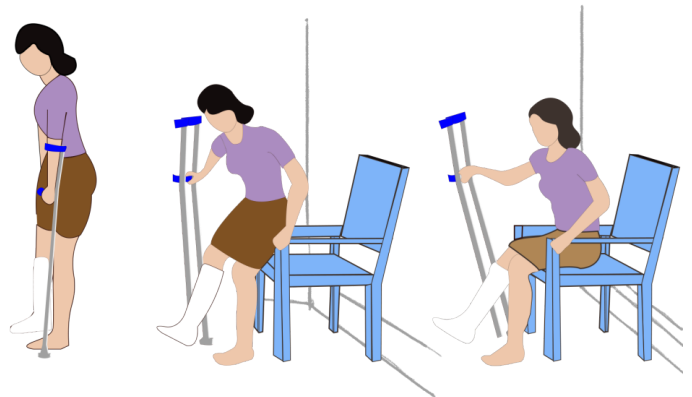
- Put your crutches forward, keeping your injured leg off the ground.
- Take your weight onto your hands.
- Bring your good leg forward, so it is placed between the crutches.



Using crutches to walk (if you are not allowed to put weight on your injured leg)

To sit

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



Sitting down with crutches

To stand

- Hold both crutches in one hand.
- Push up from the chair, and put your weight on your uninjured leg.
- Once standing, transfer one crutch into your other hand.
- Put the crutches in front of you to get your balance.

Please ask the person who gave you your crutches to show you if you are not sure about any of these instructions.

Do not use your crutches on the stairs, unless you have been shown how to by a nurse or physiotherapist.

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email ekh-tr.pals@nhs.net (ekh-tr.pals@nhs.net)

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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