

PATIENT INFORMATION – USE OF CRUTCHES

This information should help you to use your crutches, if you need any further advice please speak to a nurse before you leave the department.

Standing up

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

Sitting down

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

Walking using crutches if 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

Walking using crutches if 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, just past the crutches
- Put your crutches forward - keep your injured leg off the ground
- Bring your good leg forward, just past the crutches

CRUTCHES CONT.

Please bring the crutches back to the A&E department when you can walk without them.

Further Advice/Instructions

Please use this section to give the patient specific information e.g. follow up appointments or after care advice.



If you become unwell or are injured, choose the right NHS service to make sure you get the best treatment. The Choose Well campaign explains what each NHS service does, and when it should be used.

Choosing well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most.

If you are unsure about which option to choose, please call NHS Direct Wales on 0845 46 47 or visit the choose well website at www.choosewellwales.org.uk

This information has been produced based on previous information leaflets and the evidence available at the time of publication. It has been clinically reviewed however if you notice anything that needs updating or amending please contact ppi.team@wales.nhs.uk

If you require this information in another language or format please ask a member of staff.

For further advice or information contact NHS Direct Wales 0845 46 47
www.nhsdirect.wales.nhs.uk