



Use of Crutches

After your injury it may be necessary to use crutches for a while. A member of staff will size the crutches and explain how to use them.

Depending on your injury, you may or may not be allowed to bear weight on your injured leg. You will be advised on this when your crutches are issued.

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. Do not overreach, the crutches should be about a foot length ahead of you.

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.
- Do not hop further than the level off the crutches, you can slip and injure yourself.

If you are advised that you are allowed to be **weight bearing** -

- Place the crutches forwards together
- Step your injured leg up to the crutches.
- Now lean through your arms as you step your uninjured leg forwards to the same level.

Unless demonstrated otherwise, when climbing stairs try to use a banister or rail it is not safe to use crutches on the stairs.

Take care using your crutches in wet or slippery conditions (such as ice or snow) as you will be more prone to slipping than usual.

Check the rubber stoppers (ferrules) regularly. If they are worn down you can buy these from chemists, online or bring them back to the Physiotherapy Department where we will replace them.

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

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

You can also pick up a copy of the Trust leaflet called 'Talk to us', which explains how you can raise concerns or give feedback on your experience at the hospital.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment? This can be completed online at <http://surveys.this.nhs.uk> using tag name chftae or by completing the form available within the department.

