



MSK physiotherapy

Safety information leaflet: crutches

Crutches

Crutches are designed to:

- assist with balance
- take pressure off the legs
- improve confidence when walking

Standing up

Hold both crutches in one hand. Push up from the chair with the other hand. Once standing, transfer one crutch into the other hand. Put the crutches in front of you and slightly out to the sides to get your balance.

Sitting down

Have the chair immediately behind you. Put both crutches into one hand. Hold onto the chair with the other hand and sit down gently.

Do not try to stand up or sit down with your arms in the crutches as this will make you unstable and potentially damage your shoulders.

Walking

Non weight bearing: you are not allowed to put weight on your injured leg.

1. Keep the affected leg off the ground by holding it slightly in front or behind with the knee slightly bent.
2. The crutches should be moved one pace forward and shoulder width apart.
3. Lean weight onto the hands and hop to the crutches keeping your weight forward.
4. When you are balanced repeat from step two.

Partial weight bearing: you are allowed to put some weight on your injured leg.

1. Stand on both legs and move the crutches one pace forward and shoulder width apart.
2. Move the affected leg to just behind the crutches, lean on the crutches and step the good leg forward to just beyond the crutches.
3. Try to take some weight through the arms while the good leg is off the ground.
4. Repeat steps one to three.

Full weight bearing: you are allowed to put full weight on your injured leg.

1. Stand on both legs and move the crutches one pace forward shoulder width apart.
2. Move the affected leg to just behind the crutches and step the good leg forward to just beyond the crutches.
3. Try to take full weight through the affected leg while the good leg is off the ground, using crutches to support the limb.
4. Repeat steps one to three.

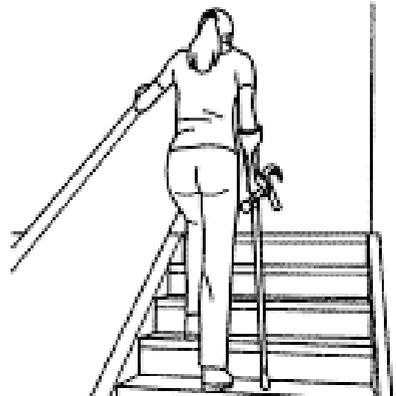
Turning

When turning make sure that you step round with the elbow crutches in a small circle rather than twisting on the spot.

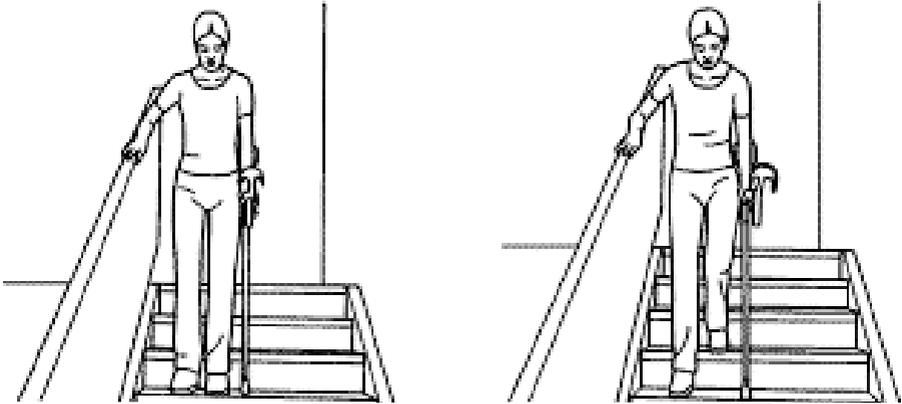
Stairs

Hold onto one handrail if available. Hold the spare crutch together with the handle of the remaining crutch.

Going up: keeping the crutches on the same level, step up with the good leg, push up on crutches and bring injured leg up, finally moving crutches to the same level. Repeat.



Going down: put crutches onto the step below and lower injured leg. Take weight through arms, step down with good leg. Repeat.



If a handrail is not available, use both crutches together and step as recommended in the instructions above.

Aid height

Prior to receiving your crutches, you will have been assessed by a physiotherapist, who will have ensured the crutches are safe for use and measured them to your specific height requirements. Once set up there should be no need to adjust the height without consultation with the issuer.

It may take you some time to get used to using your crutches.

This walking aid has been set up for:

.....

on.....

by.....

If you have concerns about your walking aid then please contact the company who provides the walking aids:

Millbrook
Unit 38a, Innovation Drive,
Milton Park,
Abingdon,
Oxfordshire, OX14 4RT.
Tel: 0333 999 0870

Please see attached information leaflet provided by the manufacturer for additional information.

Safe working load: please refer to the manufacturer's information leaflet provided.

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the physiotherapy team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরম্যাট) পেতে চান
তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的文本，请与我们联系

नेवले तुरातुं टिच महवारी विनी सुनी ब्रामा नं मवल दिंस चाहीसी ठेदे उं विरथा वर वे मरुं पुहे

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہوں تو براہ کرم ہم سے پوچھیں۔۔

Contact us

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MSK physiotherapy is part of our Older People Directorate.