



Urgent care

How to use crutches and care for your plaster cast

Using your crutches

To stand:

- 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.

To sit:

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

To walk

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

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

Non weight bearing: where 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 forwards, just past the crutches.

Care of your plaster cast

Plaster of Paris can take up to 48 hours to dry. Therefore it is important not to knock it and to avoid walking on it until it is completely dry.

To reduce swelling it is important to keep the limb elevated.

Arm: in a sling

Leg: on a stool, preferably above the height of your hip

While your limb is in plaster it is important to move the fingers (arm injury) or toes (leg injury) regularly to prevent stiffening of the joints. If the plaster becomes cracked or soft, contact your local minor injuries or first aid unit by telephone for advice. Do not get the cast wet or stick anything down it, no matter how itchy is it.

Seek advice immediately if:

- there is change in the colour (if the limb is white or blue)
- there is change in the temperature or sensation (cold limb, loss of sensation or tingling)
- the cast becomes loose
- you experience severe discomfort

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 team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

For further advice please contact:

Abingdon Minor Injury Unit	01865 903 476
Henley Minor Injury Unit	01865 903 755
Witney Minor Injury Unit	01865 903 841
Wallingford First Aid Unit	01865 903 471
Bicester First Aid Unit	01865 903 976

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

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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版本，请与我们联系

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

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Urgent care is part of our Older People Directorate.

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