

Advice on the use of crutches

Emergency department Patient Information

To stand:

- hold both crutches in one hand
- push up from the chair with your free hand
- 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 and feel with the backs of your legs
- put both crutches in one hand
- hold the chair arm with the other hand
- sit down gently.

To walk

If you **are allowed** to put weight on your injured leg:

- put both crutches forward
- put your injured leg one step forward
- take your weight onto your hands and step further through with your good leg
- put both crutches forward.



If you **are 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.



Going up and down stairs

When using crutches to go up and down stairs:

If you are allowed to put weight on your foot you should use the banister and one crutch to help you. You can hold the other crutch in your hand or ask someone to carry it for you.

You should use your good leg to lead up and your injured leg to come down.

If you are not using one crutch, where possible dependant on which side of the stairs the banister is, you should help yourself to pull up on the banister using the opposite hand to the good leg when going up. When coming down you should steady yourself with the hand on the same side as the bad leg.

If you are not allowed to put any weight on your foot you MAY be able to hop with the help of the banister, but you may find it easier to go up and down on your bottom.

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