

How to use crutches

Information for patients, parents and guardians

Sometimes crutches may need to be used for a while after an injury or operation. The instructions below explain how to use crutches to stand, sit back down and walk.

To stand

Your child should:

- hold both crutches in one hand
- push up from the chair
- once standing, transfer one crutch into the other hand
- place their arms into the crutches
- put the crutches in front of them and gain their balance

To sit

Your child should:

- have the chair immediately behind them, so they can feel the chair on the back of their legs
- take their arms out of the crutches and hold both in one hand
- hold the arm of the chair with the opposite hand
- sit down slowly

To walk - if they're not allowed to put weight on the injured leg

Your child should:

- put the crutches forward keeping the injured leg off the ground
- take the weight onto their hands
- bring the uninjured leg forward, just past the crutches

If they are allowed to put weight on the injured leg:

- put both crutches forward
- put the injured leg one step forward, no further than the crutches
- take the weight onto their hands and step further through with the uninjured leg

If you have any concerns regarding your child's confidence/safety using their crutches, or are not sure whether they're allowed to put weight on their injured leg or not, contact the hospital department who arranged for the crutches to be issued.

When your child no longer requires the crutches please return them to either the emergency department or plaster room at Southampton Children's Hospital (C level, East Wing) or the orthopaedic outpatients department at Royal South Hants (B level).

Plaster room contact details:

Southampton Children's Hospital
023 8120 4852

Opening hours:

9am to 5pm, Monday to Thursday
9am to 2.30pm, Friday

Appointment enquiries

023 8120 8204

If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone **023 8120 4688** for help.

www.uhs.nhs.uk/childrenshospital