

## Patient information factsheet

# Use of crutches

### To stand:

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

### To sit:

- have the chair immediately behind you, so you can feel the chair on the back of your legs
- take your 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 you are **not** allowed to put weight on your injured leg:

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

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

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

If you have any concerns regarding your confidence/safety using these walking aids, please contact the hospital department who issued them.

When you no longer require the crutches please return them to either the emergency department or plaster room at Southampton General (C level East Wing) or the orthopaedic outpatients department at Royal South Hants (B level).

### Contact details:

Southampton General Hospital  
023 8120 4852  
Royal South Hants Hospital  
023 8082 5908

### Opening hours

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

### Appointment enquiries

(Adult) 023 8120 6218  
(Children) 023 8120 8204

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