

Patient information factsheet

Use of crutches

We have given you this factsheet to explain how to safely use your crutches.

To stand

1. Hold both crutches in one hand.
2. Push up from the chair.
3. Once standing, transfer one crutch into the other hand.
4. Place your arms into the crutches.
5. Put the crutches in front of you and gain your balance.

To sit

1. Have the chair immediately behind you, so you can feel the chair on the back of your legs.
2. Take your arms out of the crutches and hold both in one hand.
3. Hold the arm of the chair with the opposite hand.
4. Sit down slowly.

To walk

If you are not allowed to put weight on your injured leg

1. Put the crutches forward keeping the injured leg off the ground.
2. Take the weight onto your hands.
3. Bring the uninjured leg forward, just past your crutches.

If you are allowed to put weight on your injured leg

1. Put both crutches forward.
2. Put your injured leg one step forward, no further than the crutches.
3. Take the weight onto your hands and step further through with your uninjured leg.

When you no longer need the crutches

Please return them to either the emergency department or plaster room at Southampton General Hospital (C level, East Wing) or the orthopaedic outpatients department at Royal South Hants Hospital (B level).

Contact us

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

Plaster room (Southampton General Hospital)

Telephone: **023 8120 4852** (Monday to Thursday, 8.30am to 5pm and Friday, 8.30am to 2pm)

Plaster room (Royal South Hants Hospital)

Telephone: **023 8054 0237** (Monday to Thursday, 9am to 5pm)

Patient information factsheet

General appointment enquiries

Telephone: **023 8120 6218** (adults)

Telephone: **023 8120 8204** (children)

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**