

If you require a translation please contact:

Se avete bisogno di una traduzione si prega contattare:

Si usted requiere una traducción de esta información por favor contacte a:

اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

USE OF CRUTCHES

Advice for Patients

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone **01784 884488** Facsimile **01784 884017**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone **01932 872000** Facsimile **01932 874757**

Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

ADVICE ON THE USE OF CRUTCHES

Crutches are provided to aid mobility following a fracture to the lower limb. It is important to adhere to the following advice in order that the injury is not made worse by a further accident.

TO STAND

- Hold both crutches in one hand.
- Push up from the chair using your free hand.
- Once standing, transfer one of the crutches to the other hand.
- Regain your balance.

TO SIT

- Ensure the chair you are going to sit on is immediately behind you.
- Put both crutches in one hand.
- Hold the arm of the chair with you free hand.
- Sit down gently.

TO WALK

- If you **ARE** allowed to weight bear on your injured leg:
- Put both crutches forward a step.
- Put your injured leg a step forward in between your crutches.

- Taking your weight mostly onto your hands, step through with your other leg.

- If you are **NOT** allowed to weight bear on your injured leg:
- Put your crutches forward a step.
- Put your injured leg forwards in line with the crutches, **keeping it off the ground.**
- Taking your weight onto your hands, bring your other leg forward **just past** the crutches.

DO NOT ATTEMPT TO USE CRUTCHES ON THE STAIRS.

REMEMBER

Please return the crutches when you have finished with them. **They are not disposable!** This will ensure there are crutches available for others who need them.

FURTHER INFORMATION

Additional advice or information can be obtained by contacting Walk-in Centre at Ashford Hospital on **01784 884828** or Accident & Emergency at St. Peter's Hospital on **01932 772025**.

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