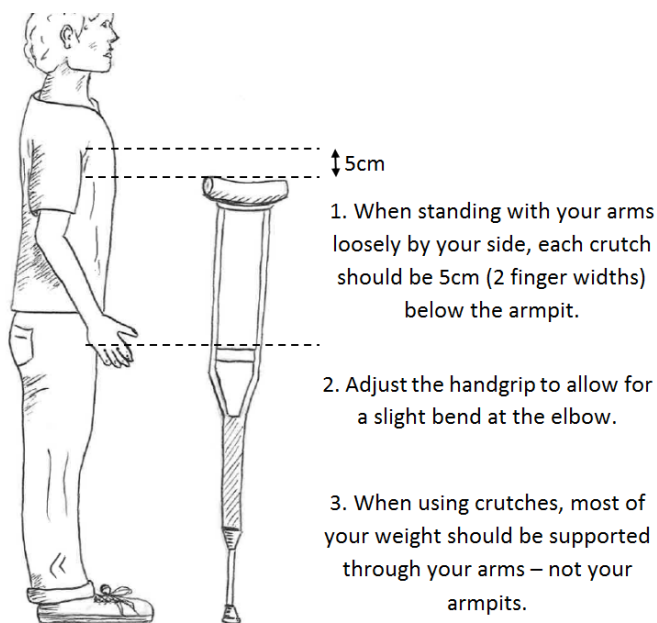


Using crutches

Why do I need to use crutches?

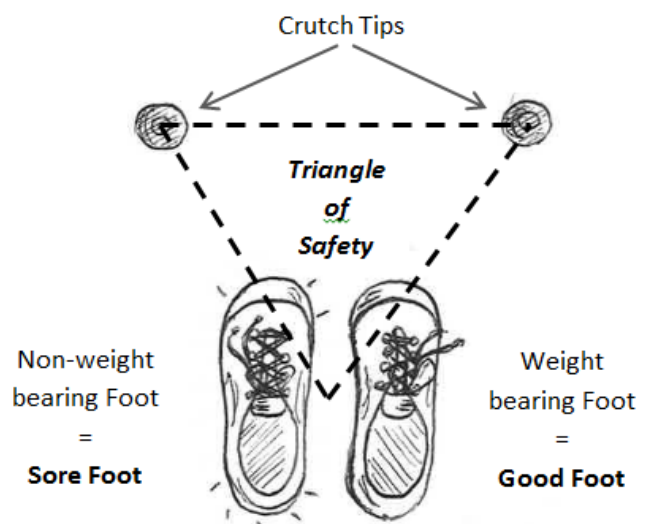
You may need to use crutches because it is too painful to put weight on your foot or leg because of an injury. You may also need to keep the weight off that leg because further damage may occur if you don't.

How to fit crutches?

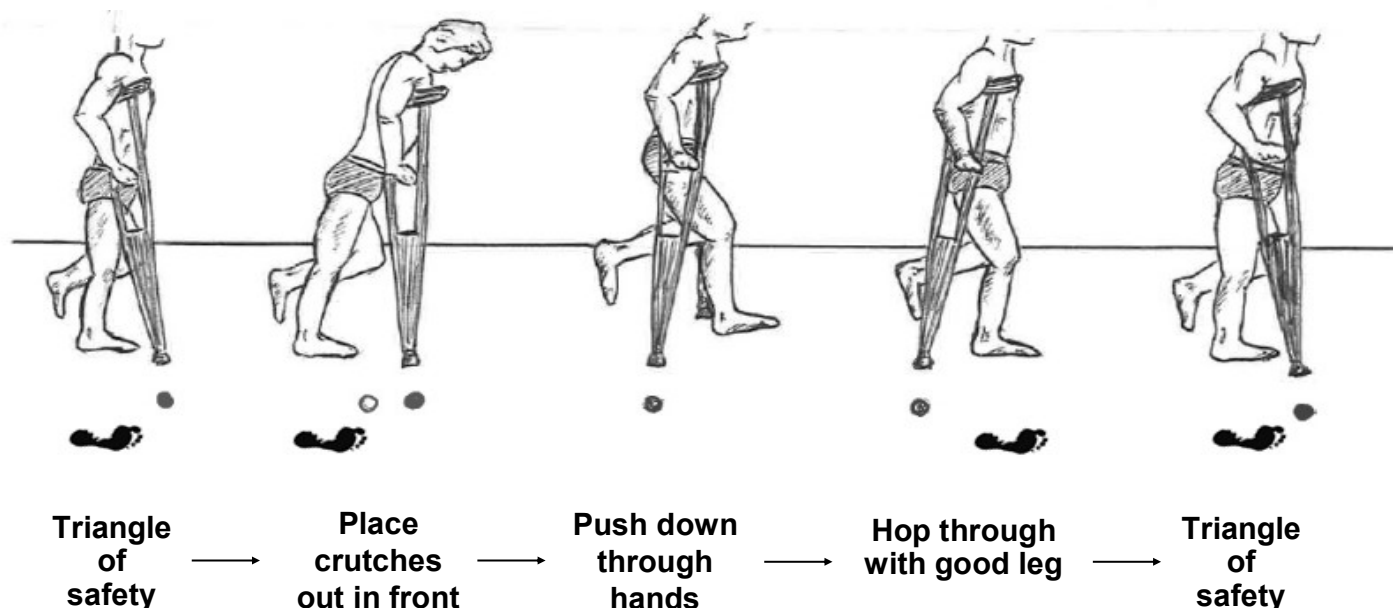


Using crutches safely

- Make sure there are no loose screws or wooden parts.
- Wear non-slip shoes (not only socks).
- Beware of slippery / wet surfaces and use caution on stairs.
- Don't leave the affected limb hanging down for any period of time as it will get swollen.
- Make sure any weight goes through your hands, not your armpits.
- To change direction, hop around. Don't twist the foot.



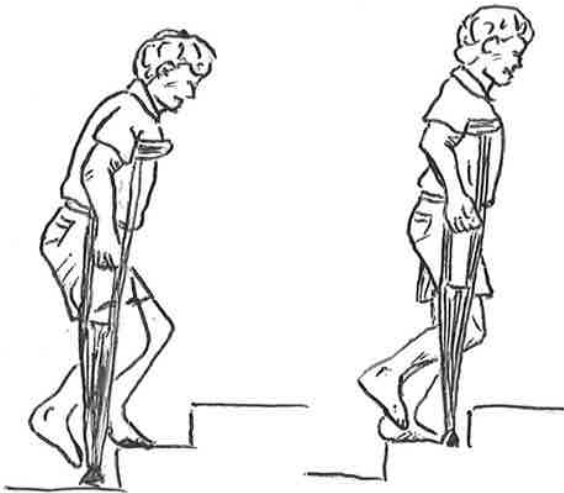
Walking with crutches



Using crutches

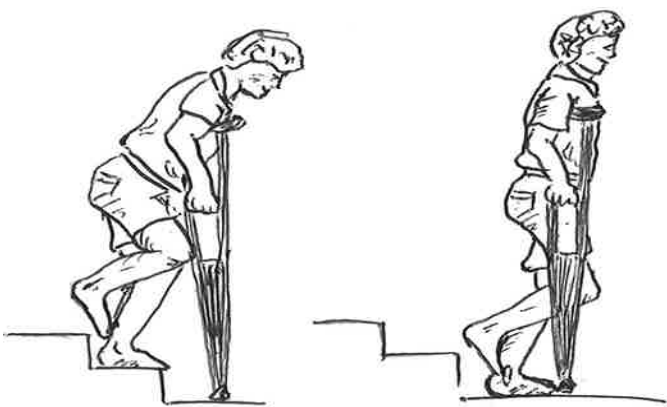
Going Upstairs.

When going up stairs, support your weight on your hands and push up putting your good foot up first. Supporting your weight on the good foot bring your bad leg and crutches up next.




Going Downstairs

When going down stairs put your crutches down on the stair below and bad leg out first. Do not put weight on your bad leg if you are not allowed to. Make sure you are balanced, then take the weight down through your crutches and step down with your good leg.



Seeking help:

 In a medical emergency go to your nearest emergency department or call 000.

Sitting in a Chair

- Back up to the chair until the back of your legs touch it.
- Hold both crutch handles on the side of the good leg.
- Reach back with your other arm and lower yourself into the chair.

Getting up from a Chair

- Hold both crutches together by the handles on the good leg side.
- Push yourself up using the hand grips and the chair arms.
- Once standing and balanced, arrange crutches under each arm.

How long should I use crutches for?

This depends on your injury and how quickly you recover. It is important to follow medical advice and to attend all follow-up appointments.

You should be told exactly what happens next with follow up, whether this is by your GP, Physiotherapist or Specialist. If you do not know what to do next, then ask your GP.

Additional Instructions:

