

Advice for patients discharged with crutches (non weight bearing)

You have been given aluminium elbow crutches. These can take a weight of up to 20 stone/130kg.

Walking

1. Place your arms through the cuff and hold the handgrip pointing forwards.
2. Place the crutches shoulder-width apart, slightly in front of you.
3. **Keep the affected (bad) leg off the floor.**
4. Step through with the unaffected (good) leg so it is in front the crutches.
5. Repeat steps 2-4.

Sitting

1. Step backwards until you feel the edge of the chair behind your legs.
2. **Keep the bad leg off the floor.**
3. Take your arms out of the crutches.
4. Hold them in one hand.
5. Place your other hand on the arm of the chair.
6. Bend forward at your waist and sit down.

Standing

1. Hold both crutches in one hand by the handgrips.
2. **Keep the bad leg off the floor.**
3. Push up on the arm of the chair with your other hand as you stand.
4. When you are fully upright, put your hands into the crutches.

Walking up stairs

1. **Keep your bad leg off the floor and behind you.**
2. Move up one step with your good leg.
3. Move your crutches onto the same step.
4. Repeat steps 1-3.

Walking down stairs

1. **Keep your bad leg off the floor and in front of you.**
2. Move your crutches down one step.
3. Move your good leg down to the same step.
4. Repeat steps 1-3.

If the stairs have a handrail, then hold it with one hand while you hold the crutches on the other side. One crutch should be on your arm as normal, while you hold the other in your hand.

General advice

- Do not adjust the height setting on the crutches as this has been set for you.
- Move rugs and loose floor coverings at home.
- Avoid wet or uneven surfaces, ice and leaves.
- Wear flat shoes.
- Regularly check your crutches to make sure nothing is loose or cracked and that the rubber foot (ferrule) is not too worn.
- Clean your crutches with a mild disinfectant regularly, especially before bringing them back to the hospital.
- If the handgrips make you hand sore, you could try wearing gloves.
- Please return the crutches to the Physiotherapy Department or the Emergency Department reception when you have finished with them.

For further advice, especially if you are having problems, please contact:

- Physiotherapy Department at Airedale Hospital on 01535 293656
- Emergency Department on 01535 294481

Notes:

Are you a victim of Domestic Violence? For confidential advice, contact:

Bradford	0808 2800 999	https://www.stayingput.uk.net/contact
North Yorkshire	03000 110 110	https://www.idas.org.uk/
Lancashire	0300 323 0085	https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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