

Advice for patients discharged with crutches (partial 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. Step forward with the **affected (bad)** leg, placing a bit of weight on the floor.
4. Step through with the unaffected (good) leg so it is in front of the bad leg and the crutches.
5. When steady, repeat steps 2-4.

Sitting

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

Standing

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

Walking up stairs

1. Move up one step with your good leg.
2. Move your bad leg onto the same step.
3. Move your crutches onto the same step.
4. Repeat steps 1-3.

Walking down stairs

1. Move your crutches down one step.
2. Move your bad leg down to the same 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 in the other hand. 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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