

Use of (forearm) crutches

You have been prescribed crutches to take weight off one of your legs/ankles/feet. This leaflet gives advice on how best to use them.

General advice

- Any problems or malfunctions with the crutches, please contact your doctor.
- When using crutches, make sure you are not bearing your weight on your injured side.
- Use a "swing-to" gait: lifting the affected leg - you place both crutches in front of you, and then swing your uninjured leg to meet the crutches taking your weight on your arms. Keep your crutches fairly close to your body.
- If you have been instructed to use 'partial weight bearing' on your injured leg, bear only the amount of weight as suggested by your doctor. Do not bear weight in an amount that causes pain on the area of injury.
- Please return your crutches to your nearest Emergency Department so they may be recycled and others may benefit from their use.

Stairs

- When going up stairs, first step up with the healthy leg and then follow with the crutches and injured leg up to the same step, and so forth.
- When going down stairs, first step with the injured leg and crutches, following down with the healthy leg to the same step.
- Alternatively, it may be safer to go up and down stairs on your bottom. Please follow advice from your nurse or doctor

Standing up / sitting down

- To get up from a chair, hold injured leg forward, grab armrest with one hand and the top of the crutches with the other hand. Using these supports, pull yourself up to a standing position.
- Reverse this procedure for sitting.

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

You can also pick up a copy of the Trust leaflet called 'Talk to us', which explains how you can raise concerns or give feedback on your experience at the hospital.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – *How likely are you to recommend our service to family and friends if they needed similar care or treatment?* - by going online www.royalberkshire.nhs.uk/get-in-touch/friends-and-family-survey.htm.

Further information

More information is available on the Trust website:

www.royalberkshire.nhs.uk

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