

Use of crutches

Physiotherapy information for patients, relatives and carers

This information sheet aims to provide you with general information about using your crutches. If you have any other questions or concerns, please do not hesitate to speak to the team caring for you.

To stand:

- Hold your crutches in one hand at the handles, making a 'H' shape
- Push up with the other hand from the chair
- Once standing, put your arms into the crutches
- Put the crutches just in front of your body to get your balance.

To sit:

- Ensure the chair is immediately behind you (touching the back of your knees)
- Take your arms out of the crutches
- Hold your crutches in one hand at the handles, making a 'H' shape
- Reach back to hold on to the arm of the chair with your other hand
- Hold injured leg slightly out in front of you and lower yourself gently into the chair.

Walking with crutches



If you ARE allowed to put any weight on your injured leg:

- Put your hands on the crutch handles
- Place both of your crutches and injured leg forward together. Your physiotherapist will instruct you on how much weight you are allowed to put through the injured leg
- Take your weight on to your hands and step through with your good leg



If you are NOT allowed to put any weight on your injured leg:

- Put your hands on the crutch handles
- Place both of your crutches forward - keep your injured leg off the ground
- Take your weight on to your hands and hop your good leg forward, to level with the crutches.

Managing stairs with crutches



If you ARE allowed to put weight on your injured leg:

Going upstairs

- Stand with crutches close to the bottom step
- First step up with your healthy leg
- Step up with your injured leg onto the same step
- Bring your crutches to the same step.



Going downstairs

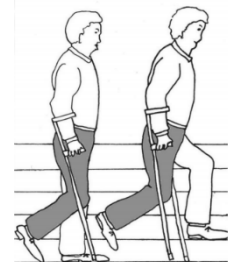
- Stand with crutches close to the edge of the top step
- First put your crutches down one step
- Step down with your injured leg
- Step down with your healthy leg on to the same step.



If you are NOT allowed to put weight on your injured leg:

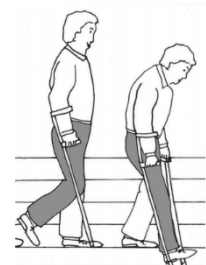
Going upstairs

- Stand with crutches close to the bottom step.
- Bend your injured leg holding the foot off the ground behind you
- Hop up with your healthy leg keeping your injured leg off the ground.
- Then bring your crutches to the same step.



Going downstairs

- Stand with crutches close to the edge of the top step.
- Hold your injured leg out in front of you, ensuring your foot is clear of the step
- First put your crutches down one step.
- Then hop down with your healthy leg on to the same step as the elbow crutches.



If you have a handrail:

- It is often safer to use a handrail or banister if one is available and it is firmly attached to the wall
- Take your spare crutch in the opposite hand and hold it on the outside of your other crutch making a 'T' shape.
- Follow the same instructions as above but holding onto the rail and the one crutch



Useful contacts

- Inpatient Orthopaedics Kings College Hospital 020 3299 2368
- Inpatient Orthopaedics PRUH 01689 864632
- Inpatient Orthopaedics (Orpington) 01689 866255
- Outpatient Physiotherapy (Denmark Hill/Dulwich Hospital) 020 3299 8220
- Outpatient Physiotherapy (Beckenham Beacon) 01689 866660

Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 3601

Email: kch-tr.palsdh@nhs.net

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: 01689 863252

Email: kch-tr.palspruh@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email kch-tr.accessibility@nhs.net

www.kch.nhs.uk

PL1225.1 December 2024
Review date December 2027

Urgent and Planned Care
Corporate Comms: 3218