

If you require further advice
or are not sure then please
contact your GP or phone
111



Mersey and West Lancashire
Teaching Hospitals
NHS Trust

Using Crutches

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

www.merseywestlancs.nhs.uk

Author: ED Consultant
Department: Emergency Department
Document number: MWL2016
Version: 001
Review Date: 01 / 11 / 2026

Using your Crutches to Stand

- Hold both crutches in one hand.
- Push up from the chair.
- Once standing, transfer one crutch in to the other hand.
- Put the crutches in front of you and get your balance.

Using your Crutches to Sit

- Have the chair immediately behind you.
- Put both crutches in one hand.
- Hold the chair arm with the other hand.
- Sit down gently.

Ideally though somebody else will hold the crutches while you use both hands on each chair arm and lower yourself gently.

Make sure you feel confident before you leave the emergency department.

Using your Crutches to Walk

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

- Put both crutches forward.
- Put your injured leg one step forward in between the crutches.
- Take your weight onto your hands and step through with your good leg. (Do not step past the crutch).
- Put both crutches forward.

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

- Put your crutches forward, keep your injured leg off the ground.
- Take your weight onto your hands.
- Bring your good leg forward to level with your crutches.

Using your Crutches on Stairs

- If possible leave one crutch at top and bottom of stairs.
- Use 2 rails if present, if not use one rail and one crutch to walk up and down.
- Going up push weight through the hand rail and your crutch, leading with your good leg.
- Going down lower your weight onto the next step, leading with your good leg.

Safety Advice

- Remove obstacles like loose rugs.
- Wear flat supportive shoes.
- Avoid wet floors.
- Ensure adequate lighting in hallways and stairways.
- Beware of outdoor hazards such as uneven surfaces.

Care of Elbow Crutches

Check rubber ends. If they are worn, split or loose contact the therapy department on 0151 430 1882. Check the adjustable metal poppers are all pushed through the same holes on both of the crutches. Check the length of the crutches is straight and not bent.