

Patient Information

Children's Emergency Department

Use of Crutches

Parent/Carer Discharge information



It is important that you use your crutches appropriately, as misuse use may exacerbate your injury and/ or result in other injuries.

What should I do now?

- Make sure you/your child are clear about whether you/they may or may not put weight on the injured leg/ foot. If you are unsure, please ask the doctor or nurse who treated you.
- **To walk:**
 - Put both crutches forward, half a step ahead
 - If allowed step forward with your injured leg, placing foot between the crutches – if not allowed then keep foot off ground
 - Take your weight on your hands and “walk” through one step with your good leg
- **To sit:**
 - Stand immediately in front of the chair
 - Hold both crutches in one hand and the chair arm with the other
 - Use both arms as supports and sit down slowly
- **To stand:**
 - Hold both crutches in one hand and the chair arm with the other

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- Use both arms as supports and push up from the chair
- Once upright, transfer one crutch to the other hand and place them half a step in front to get your balance

- Paracetamol and or Ibuprofen (if applicable) to be given for pain, Paracetamol 4-6 hourly last given at..... Ibuprofen 6-8 hourly last given at.....
- Attend any appointments made for you/your child, even if getting better.
- Please return the crutches to us once you no longer need them.

For further advice/information:

- Call 111 (24 hours a day)
- Contact your GP

The Trust has access to interpreting and translation services. If you need this information in another language or format please ask and we will do our best to meet your needs.

The Trust operates a smoke free policy

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