

**This leaflet is also available in large print.
Other formats and languages can be
supplied on request. Please call Quality
Development on 01224 554149 for a copy.
Ask for leaflet 1358.**

Feedback from the public helped us to develop this leaflet.
If you have any comments on how we can improve it,
please call 01224 554149 to let us know.



Scan with your
smartphone to get an
e-version of this leaflet.
You might need an app
to scan this code.



How to use and care for your crutches

***Information for
patients and carers***

A&E and Minor Injury Service

Central area:

Aboyne ☎ (013398) 86433 ☎

Huntly ☎ (01466) 765016 ☎

Insch ☎ (01464) 821547 ☎

Inverurie ☎ (01467) 672734 ☎

Stonehaven ☎ (01569) 771009 ☎

You can also contact:

NHS 24 ☎ 111 ☎

Contact numbers

North area:

Peterhead	☎ (01779) 482421 ☎
Fraserburgh	☎ (01346) 585120 ☎
Turriff	☎ (01888) 563293 ☎
Banff	☎ (01261) 819127 ☎

Moray area:

Aberlour	☎ (01340) 871464 ☎
Buckie	☎ (01542) 837024 ☎
Dufftown	☎ (01340) 820215 ☎
Forres	☎ (01309) 678526 ☎
Keith	☎ (01542) 882526 ☎

Sitting down in a chair

1. Stand with the back of your stronger leg touching the front of the chair seat.



2. Remove your crutches from under your arms and hold them both by the handgrip in one hand.



3. Lean forward, bending the knee of your stronger leg. Use your free hand for support on the side of the chair.



4. Sit down.



Getting up from a chair

Reverse the procedure described above. Lean well forward, keeping your stronger leg as far back as possible (that is, keep your knee well bent while getting up).

Care of your crutches

Check every day that:

- All fixings are secure
- The rubber stoppers are secure and are not wearing thin.

When you no longer need your crutches, please return them to us as soon as you can.

2. Put your weaker leg down on the first step.



3. Bring your stronger leg down to the step.



**Always go up stairs with your stronger leg first.
Always go downstairs with your weaker leg and
crutches first.**

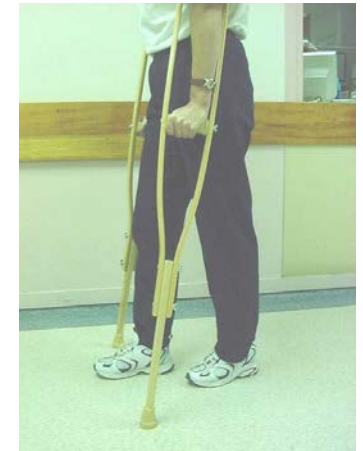
Three-point gait

If you can take full weight on one leg and have to take varying degrees of weight on the affected leg.

These instructions are if your right leg is affected. If your left leg is affected, replace “right leg” for “left leg” and “left leg” for “right leg”.

A. Partial weight bearing

1. Move your crutches and right leg forward together with your body weight shared between the crutches and your right leg.



2. Bring your left leg through in front of the crutches.



B. Non-weight bearing

1. Move your crutches and right leg forward together putting no weight on your right leg. Your body weight is taken entirely by your hands on the crutches.



2. Bring your left leg through in front of the crutches.



3. Lean on the handgrip of the crutches and put your stronger leg on the same step.



B. With one crutch and a banister on your left

1. Hold the left-hand crutch in your right hand, gripping it just below the handgrip.



Going downstairs

A. With two crutches

1. Stand with the toes of both your feet close to the edge of the step.



2. Put both crutches and your weaker leg on to the lower step (taking weight on it if allowed). Bend the knee of your stronger leg as much as possible to help your balance.



Going upstairs

A. With two crutches

1. Facing the stairs, place the crutches close to the first step.



2. Push on the handgrip of the crutches, straightening your elbows. Put your stronger leg up on the first step.



3. Straighten your stronger leg and lift both crutches and your weaker leg up to the step.

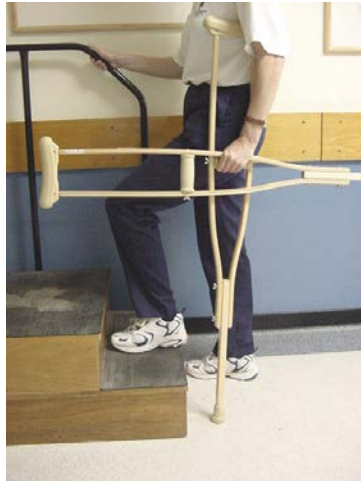


2. Put your stronger leg up on the first step.



B. With one crutch and a banister on the right

1. Hold the right hand crutch in your left hand, gripping it just below the handgrip.



3. Lift your weaker leg up to the step.

