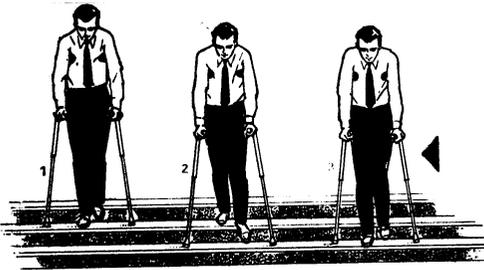


GOING DOWNSTAIRS

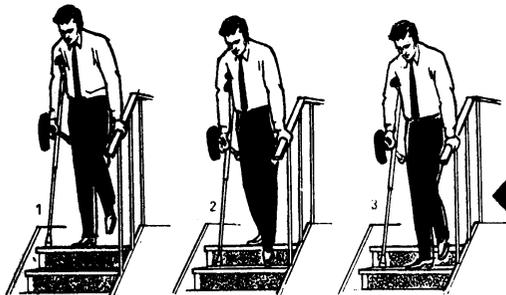
Always go downstairs with the weaker leg and crutches first.

A. With two crutches

1. Stand with toes close to the edge of the step
2. Put crutches and weaker leg on to the lower step taking weight on it or not as allowed while bending knee of stronger leg as much as possible to assist balance
3. Lean on handgrip of crutches and put



B. With one crutch and a banister on the left



If you require this leaflet in any other format, eg, large print, please telephone:
01935 384590

If you have any questions concerning this advice sheet, please contact:

A SENIOR PHYSIOTHERAPIST at:

Community01935 384358

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How to use Crutches

**Physiotherapy
Department**

Crutches

1. How to use Axillary Crutches

Body weight is transmitted through the hands by straightening the elbows and not by leaning on the armpits.

The tops of the crutches should, however, be pressed against the sides of the chest.

2. How to use Elbow Crutches

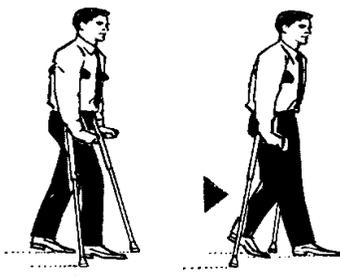
Body weight is transmitted through the hands by straightening the elbows, keeping the arms well into the sides.

As a general rule elbow crutches will only be issued to patients who are able to take full weight on one leg and some weight on the affected leg.

WALKING WITH CRUTCHES

A. NON-WEIGHT BEARING

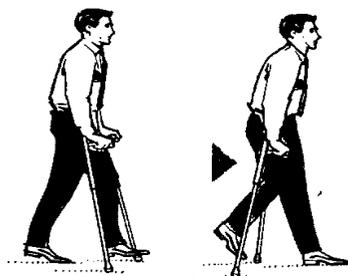
Advance crutches and affected leg together with no weight on the affected leg. The body weight is taken entirely on the hands



B. PARTIAL WEIGHT BEARING

For patients who can take full weight on one leg and varying degrees of weight on the affected leg.

Advance crutches and affected leg together with body weight shared between crutches and leg while the other leg is brought through in front of the crutches.



B. With one crutch and the bannister on the right

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

GOING UPSTAIRS

Always go upstairs with the stronger leg first.

A. With two crutches

1. Face the stairs with the crutches close to the first step.
2. Push on handgrip of the crutches straightening elbows. Put stronger leg up on to the first step.
3. Straighten stronger leg then lift the crutches and weaker leg up to same step taking weight on it or not as allowed.

