



## Royal Manchester Children's Hospital Paediatric Emergency Department

### Information for Patients and Carers

# Crutches

Your child has suffered an injury and has been given crutches to help them get around whilst they recover. The doctor will tell them how much weight they can put on their poorly leg. It might take a little while for them to get used to using crutches, so here are some tips to help them move around safely.



#### General safety

- Avoid wet floors
- Remove obstacles like loose rugs which might make them trip
- Beware of outside hazards like uneven pavements, wet leaves or ice
- Get someone to supervise when using stairs
- Wear flat, supportive shoes and tie shoelaces

#### Sitting to standing

Whilst sitting, hold both crutches by the handles (in a "H" shape) in one hand. Push down with your other hand on the surface you are sitting on and push up on the crutches. Once standing, put one crutch in each hand. Do the reverse to sit down!





## Walking for non-weight bearing injuries

Stand on your good leg and ensure your poorly leg does not touch the ground. Place your crutches a short distance in front of you and shoulder width apart. Push down on your crutches with your hands and take a small hop forward on your good leg. Make sure to land in line with or slightly behind your crutches.

## Walking for partially weight bearing injuries

Stand on both legs using your crutches for support. Place your crutches a short distance in front of you at shoulder width apart and step forward with your poorly leg. Push down on your crutches to support your poorly leg and step through with your good leg.



## Going up and down stairs

Sometimes, the safest way to go up and down stairs is on your bottom. Ask someone to hold the crutches for you. At the top of the stairs, carefully bottom shuffle away from the top step before standing.

To go up or down stair with your crutches, it is best to use only one crutch and ask someone to hold the other crutch for you. Hold onto the handrail with one hand and keep a crutch in the other hand. When going downstairs, place your crutch down onto the step first whilst holding on to the rail. Step down with your 'poorly' leg, using the crutch and handrail for support. Follow then with your 'good' leg. If you are non-weight bearing, then carefully lower your 'good' leg first onto the step.

When going upstairs, push down on your crutch and step up onto the first step with your 'good' leg. Follow with your 'poorly' leg, then the crutch. If you are non-weight bearing, then hop up onto the first step with your 'good' leg using the rail and crutch to support you (keeping your 'poorly' leg off the ground throughout).

