Useful numbers

Walk-in centre
01273 203058
(Open every day from 8am to 8pm, including bank holidays).
www.brightonstationhealthcentre.co.uk

NHS Direct
0845 4647
www.nhsdirect.nhs.uk
(NHS Direct will phone back if you call from a mobile phone).

Royal Alexandra Children’s Hospital
01273 696955 Ext. 2593
Children’s Emergency Department
(Health visitors may make referrals to CED/CASU).

Out of hours GP service
0845 4565420
(Service available 6.30pm to 8am Monday to Friday, and at any time during weekends and bank holidays).

Royal Sussex County Hospital
01273 696955

Use of crutches

If you do not understand this leaflet, we can arrange for an interpreter.

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The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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Children’s Emergency Department
Walking ‘non weight bearing’ means that the injured or affected leg does not touch the ground whilst standing, walking or getting up from sitting.

How do I stand up?
- Hold both crutches in one hand
- Lean forward and push up on crutches and the opposite arm of the chair
- Make sure you are well balanced
- Once standing put your arms into the crutches securely and get your balance.

How do I walk with crutches?
- From standing position, put crutches forward keeping your arms straight and close to your sides
- Lean forward on the crutches
- Hop forward with your weight bearing leg so your foot is level with the crutches
- Recover your balance between each step.

How do I sit down again?
- Walk up to a chair using crutches and turn around using small steps until you feel the chair with the back of your legs
- Do not swivel round
- Make sure the chair is not likely to move and that you are well balanced
- Take both arms out of the crutches, hold them in one hand on one side
- Reach the chair with the free hand and sit down slowly.

How do I go upstairs?
- Hold onto a hand rail when possible
- Hold the spare crutch together with the handle of the remaining crutch
- Keep the injured leg off the floor and behind you
- Step up with the non-affected leg
- Bring your crutches and affected leg up to the same step
- Repeat as needed.

How do I go downstairs?
- Hold onto a hand rail when possible
- Hold the spare crutch together with the handle of the remaining crutch
- Keep the injured leg off the floor and in front of you
- Place the crutch on the next step down
- Then bring the unaffected leg down to the same step as you slide your hand along the rail
- Repeat as needed.

Stay safe:
Avoid wet floors and outdoor hazards such as wet leaves and ice.

Wear flat supportive shoes.

Check the rubber stops on the bottom of crutches for wear and tear.

Make sure your crutches are not too far apart, too far forward or too far back.