



Our aim is to provide information that will help you understand your child's injury and enable the appropriate after-care.

Useful numbers:

NHS 111 - 24hr advice line

Practice Plus (Brighton walk-in centre/GP service)

0333 321 0946

8am/8pm - 7 days a week



Disclaimer: 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



Walker boots and crutches

Information for parents, carers & relatives

Walker boots

Walker boots are ideal for anyone with an ankle or foot injury. This type of splint temporarily immobilizes and supports the ankle or foot during the acute and painful phase of the injury, enabling you to get about more easily.

It is important that you wear the boot for the length of time specified by the clinician but, in some cases it is ok to remove the boot for short periods of time when you're at home. If so, you can try walking without the boot a few steps at a time gradually increasing the distance if you're able.

In most circumstances the walker boot can be removed allowing you to wash and dress normally.



Detailed instructions on how to fit your boot can be found on the Brighton Virtual Fracture Clinic website. Use the QR code opposite or follow the link below.

fracturecare.co.uk/general-advice/fitting-your-boot/

Crutches

If you've sustained an injury to a lower limb, you may have been given crutches to help you mobilise. The clinician will size and fit these correctly for you.

Sometimes, when you begin to use your crutches, you may find that your arms and chest ache for a while. When you no longer need your crutches you can return them to the Children's Emergency Department or the Children's fracture clinic on level 5 here in The Royal Alex Children's Hospital.

Crutches must be used safely, especially when going up and down stairs; *it is important you watch the 'Using your crutches'* video which can be found on the Brighton Virtual fracture Clinic website.



using the QR code opposite or link below to view the video.

fracturecare.co.uk/general-advice/using-your-crutches/

