

MERCY URGENT CARE CENTRE

ST. Mary's Health Campus, Bakers Road, Gurrabraher, Cork T23YV52

Tel: +353 (21) 4926900 / 4926901

Fax: +353 (21) 4248114



PIL – Using crutches advice.

Why do I need crutches ?

Crutches help you to remain mobile and independent while your injury heals. They can also help to take weight off the injured area which improves tissue healing.

How should I use my crutches ?

How you use your crutches , will be dependent on your injury. Sometimes crutches can be used to return to normal walking while other times they may be used to prevent any weight going through your injury. Your health care provider will show you the correct technique to use.

General safety using crutches.

- Balance – take it slow, especially when first using crutches. It takes time to change to your new mobility style.
- Always look in front of you and not down at your feet. Be aware of trip hazards in front of you.
- Wear flat supportive shoes.
- Avoid slippery or wet surfaces.
- Regularly check the crutches and ferrules (rubber feet) for defects
- Handles of the crutches should always be pointing forwards.

How do I use my crutches ?

Your healthcare provider will show you the correct technique to use your crutches. The information below can be used as a reminder of how to use the crutches appropriately.

Getting up from a chair



- Place both crutches into one hand and place both handles in 'H' position
- Push up through armrest and crutches, keeping affected leg off the ground.
- Reach free hand into cuff and hold onto both handles.

- Place other hand into cuff and hold one handle and then position ready to mobilise.

Crutches -Non weight bearing



- When standing, bend your affected leg at the knee to ensure the foot can clear the ground.
- Put both crutches forward in front of you ensuring that both crutches are level.
- While putting your weight down through the handles of the crutches, hop forward on the unaffected side to the level of the crutches.
- Take your time to reduce the risk of falls or accidentally putting your affected foot on the ground.

Crutches -Partial weight bearing



- Place both crutches out in front of you.
- Step to the crutches with the affected leg, putting your body weight through the handles of the crutches as well as gently through the injured leg.
- Step your unaffected leg through and place in front of the crutches.
- Place both crutches in front of you again and repeat above.

Crutches – Stairs



- Place both crutches into hand opposite to handrail/banister. Hold crutches as in picture above.
- Putting most weight through the handrail and some through the crutch, hop up to the first step.
- Bring crutch up to the first step last.
- Repeat one step at a time.

Walking frame -Non weight bearing



- Repeat above If you are finding it difficult to walk safely with crutches, you may be provided with a walking frame. The frame increases your base of support .
- Stand at the back feet of the frame.
- Push frame forward, keeping wheels on the ground.
- Hop forward to the back feet of the frame.
- When sitting down, turn on the spot until the back of your knees can feel the chair.
- Place both hands on the chair and lower self to chair

If you feel unsteady on your feet while using crutches or a walking frame ,please contact your GP ,Occupational therapist or chartered physiotherapist

If you require further information regarding your injury, please contact your GP, physiotherapist or the Mercy Injury Unit.

**The Mercy Injury Unit – Gurrabraher is open:
8 am to 6 pm Monday – Sunday.
Telephone: (021) 4926900 or (021) 4926901**