

You have received a pair of crutches from this Department. If you are still using them after 12-weeks please contact the physiotherapy department on tel: 01225 824293 (during working times). When you have finished using them please return them to the Physiotherapy Department at the Royal United Hospital.

### Contact Details

If you have any questions please telephone the RUH Emergency Department on

**01225 824000 (day)**  
**01225 825015 (night)**

Royal United Hospitals Bath  
NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

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## Crutches



## Use of Crutches

### To Stand

1. Hold both crutches in one hand.
2. Push up from the chair.
3. Once standing, transfer one crutch into the other hand.
4. Put the crutches in front of you and get your balance.

### To Sit:

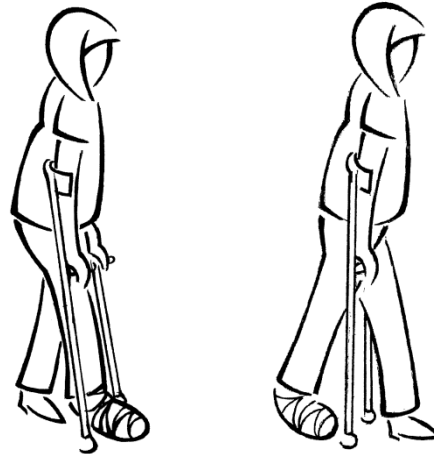
1. Have the chair immediately behind you.
2. Put both crutches in one hand.
3. Hold the chair arm with the other hand.
4. Sit down gently.



### To Walk

If you are **allowed** to put weight on your injured leg:

1. Put both crutches forward.
2. Put your injured leg one step forward in between your crutches.
3. Take your weight onto your hands and step further through with your good leg.
4. Repeat as above.



If you are **not allowed** to put weight on your injured leg:

1. Put your crutches forward – keeping your injured leg off the ground.
2. Take your weight onto your hands.
3. Bring your good leg forward, just past the crutches.
4. Repeat as above.

