

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

Ormskirk Hospital
Dickinson Way,
Wigan Road,
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Telephone:
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01704 547 471

How to use your crutches Advice for Parents and Children

Patient information

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Using your crutches

Introduction:

It is critical to use crutches carefully to ensure your child's safety and to prevent future injury, whilst promoting healing.

Your child's crutches will be measured to ensure they are the correct height before they are discharged.

1. When your child first starts using crutches, stand close behind them.
2. Your child should look ahead, not at their feet.
3. Your child should take small steps while maintaining a straight back and head.
4. Your child can go up and down the stairs on their bottom.
5. To prevent slipping, especially when outside, ensure the rubbers on the crutches are not worn.



Returning your crutches

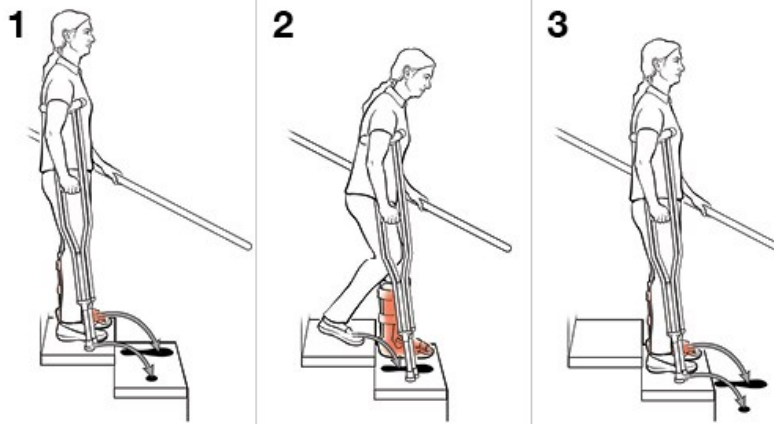
After your child has finished with their crutches, please return them to the Emergency Department or Physiotherapy Outpatients Department at Ormskirk Hospital.

If you have any further questions or queries, please do not hesitate to contact the children's ward on 01695 656 912.

Mobilising on the stairs

Coming down

1. Your child should place one hand on the bannister and the other on their crutch at the top of the stairs.
2. Then they should place their crutch on the step below and use the bannister to lower themselves down, keeping their affected leg out in front of them using their unaffected leg.
3. Meet both feet onto the same step as the crutch.
4. Your child should repeat point 2 as they moves down the stairs.



Weight bearing status

The medical staff will inform you of the weight bearing status, as this will determine how your child is to mobilise. Your weight bearing status refers to how much weight or force is put through a specific limb.

This will include 'non-weight bearing' meaning your child shouldn't put any pressure or weight through that foot at all, or 'partial weight bearing' meaning your child can put some weight through it.

Non-weight bearing:

The injured leg is not put on the ground. Crutches are placed a small distance in front and the patient hops forward on their other leg.

Partial weight bearing:

The crutches and injured leg move forward together. The other leg is then stepped forward while most of the body weight is taken on the crutches.

Mobilising non-weight bearing

To mobilise:

1. Firstly, before your child stands up, make sure they are supported and have their crutches close by.
2. Using their arms, they should push through to stand from the chair, with their weight through the unaffected leg, keeping the affected leg elevated.
3. Once standing, they should put both arms into the crutches and balance themselves.
4. Then your child should put their crutches in front of them push through their arms to hop on the unaffected leg towards the crutches, bringing the affected leg to meet.
5. Do not allow your child to hop past their crutches.

To sit down:

1. Ensure that your child can feel the chair at the back of their legs.
2. Then they should take both arms out of their crutches, place beside them and reach back for the arms of the chair.
3. Then they should slowly lower themselves to the chair with their affected leg elevated from the floor.

Mobilising on the stairs

Going up the stairs

1. Firstly, your child should place one hand on the bannister and hold their crutch in the opposite hand, or if able to do so, you can carry this for your child.
2. Maintaining the crutch on the floor, they should use their arms on the bannister and crutch to bring their unaffected leg up onto the step.
3. Then bring both feet to meet on the step, before progressing to the next.
4. If able to do so, they should keep their affected leg bent to prevent their foot catching on the step. If unable, lift your hip upward.

