



Southport and  
Ormskirk Hospital  
NHS Trust

# ADVICE FOR PARENTS

## Crutches

Paediatric A&E

Once crutches have been measured to your child, do not adjust them. We demonstrate how to mobilise with crutches. Follow this advice carefully.

## **WALKING**

- Step through with unaffected leg.
- Do not swing on crutches.
- Take small steps.
- Do not let any other person use your crutches.

## **STAIRS**

- Do not use crutches on the stairs.
- Go up and down on your bottom.

## **GETTING UP AND SITTING DOWN ON CHAIRS**

### **Standing**

- Push on on chair arm to stand and then place arms in crutches.

### **Sitting**

- Remove both arms from crutches, place hands gently onto the chair arms and then gently lower yourself into the chair.

**Crutches are expensive, therefore when leaving hospital the receptionist will take your details. Please return your crutches to us when you no longer need them. If the crutches have not been returned we may contact you. Thank you for your help.**

**A&E Telephone: 01695 656674**  
**NHS 111**

*Please retain this leaflet for future reference*

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: [southportandormskirk.nhs.uk/FFT](https://southportandormskirk.nhs.uk/FFT)

**Thank you**

Author: Linda Connolly  
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