

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**

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Email 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

Thank you

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Paediatric A&E Advice Card 6

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