



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18802.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने उगठु उरनमे दी लेंड वै उं विरधु करके इस नंघर उे डेन करे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Use of Crutches

Advice for Patients

Advice on the Use of Crutches

Crutches are provided to aid mobility following a fracture to the lower limb. It is important to adhere to the following advice in order that the injury is not made worse by a further accident.

TO STAND

- Hold both crutches in one hand.
- Push up from the chair using your free hand.
- Once standing, transfer one of the crutches to the other hand.
- Regain your balance.

TO SIT

- Ensure the chair you are going to sit on is immediately behind you.
- Put both crutches in one hand.
- Hold the arm of the chair with your free hand.
- Sit down gently.

TO WALK

- **If you ARE allowed to weight bear** on your injured leg:
 - Put both crutches forward a step.
 - Put your injured leg a step forward in between your crutches.
 - Taking your weight mostly onto your hands, step through with your other leg.
- **If you are NOT allowed to weight bear** on your injured leg:
 - Put your crutches forward a step.
 - Put your injured leg forwards in line with the crutches, **keeping it off the ground**.
 - Taking your weight onto your hands, bring your other leg forward **just past** the crutches.

DO NOT ATTEMPT TO USE CRUTCHES ON THE STAIRS.

REMEMBER

Please return the crutches when you have finished with them. **They are not disposable!** This will ensure there are crutches available for others who need them.

Should you require further advice or assistance please telephone **01932 722025** for Accident & Emergency at St. Peter's Hospital.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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