

Booking a consultation

The clinic aims to be as flexible as possible offering appointments to suit individuals. Daytime and evening consultations are available depending on the day.

Children under the age of 16 must be accompanied by a parent/guardian to consent for treatment.

Map



Contact Details

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General Safety Using Crutches

- ✓ Use a chair with high seat and arms to assist you sit down and stand up with ease.
- ✓ Remove or avoid obstacles such as loose rugs, worn floor coverings, etc.
- ✓ Ensure there is adequate lighting so you can see where you are going.
- ✓ Wear flat supportive shoes, boots or trainers (i.e. no high heels).
- ✓ Avoid wet floors as the crutches may slip.
- ✓ Take caution with outdoor hazards such as uneven surfaces, wet leaves and in icy or snowy conditions.
- ✓ Take special care if you are also carrying a bag or similar package.

HOW TO USE CRUTCHES



Published: March 2007
Review Date: March 2008

Introduction

Crutches are a type of walking aid which are issued when additional support is required to enable safer and less painful mobility after an injury to one or both legs.

As part of your consultation your physiotherapist, should have inspected and correctly measured the crutches, as well as educating you on their safe use.

The aim of this leaflet is to help remind you on how to use your crutches safely.

Safety First!

- **DO** check the ferrules (rubber tip at the bottom) regularly, if they are worn then they need replacing by your physiotherapist.
- **DO** check the shafts of the crutches are straight and have no bends or dents.
- **DO NOT** use crutches for any other purpose than what they have been designed for.

Crutch height

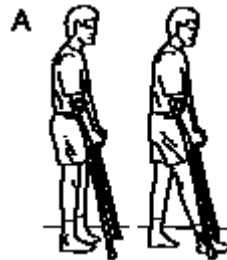
- Your physiotherapist should have measured and set the correct height when issuing you with crutches.
- As a general rule the handgrip should be at wrist height when your arm is hanging straight down.
- If you are not happy with the height of the crutches then please contact your physiotherapist, rather than changing the height yourself.

How to use crutches

You should be shown how walk with your crutches in one of two ways:-

1. PARTIAL WEIGHT BEARING

This is where the injured leg is encouraged to take some weight. You should be instructed how much weight is safe to bear through the leg.



✓ Place the crutches one pace forward.

✓ Place the affected leg between the crutches.



✓ Step forward with the unaffected leg.

✓ Repeat.

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2. NON WEIGHT BEARING

✓ Keep the affected leg off the ground by holding it slightly in front of you with the knee slightly bent.

✓ Move the crutches one pace forward, slightly apart and level.

✓ Hop forwards between the crutches, allowing the unaffected leg to swing through.

✓ Repeat.

Using crutches on stairs

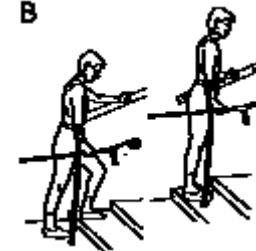
To ensure you are safe walking up and down stairs you should use the following method:-

WALKING UP STAIRS



✓ Stand close to the stairs.

✓ Hold onto the handrail with one hand and the crutch/crutches with the other hand.



✓ Step up first with your unaffected leg.

✓ Then step up with your affected leg and crutch.

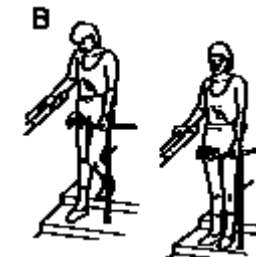
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WALKING DOWN STAIRS



✓ Stand close to the stairs holding onto the handrail with one hand and the crutch/crutches with the other hand.

✓ First put your crutch onto the next step down.



✓ Then take a step down with your affected leg.

✓ Then take a step down with your unaffected leg.

✓ Only go down when step at a time.

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