

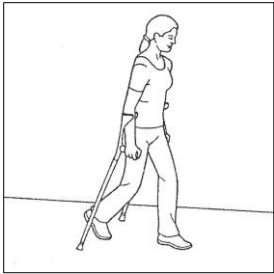
How to use Elbow Crutches

This brochure provides information on how to use Elbow Crutches unless instructed by a physiotherapist.

If you have been instructed to be:

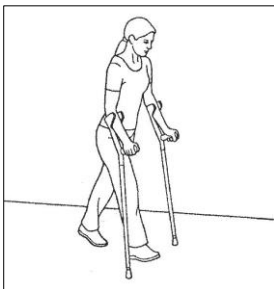
Non-weight bearing on your affected leg

Step forward using your healthy leg



Partial weight bearing on your affected leg -Walking with crutches/sticks.

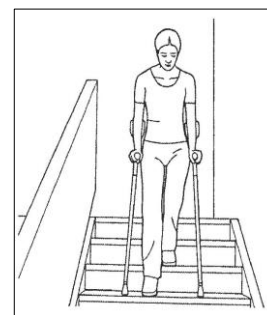
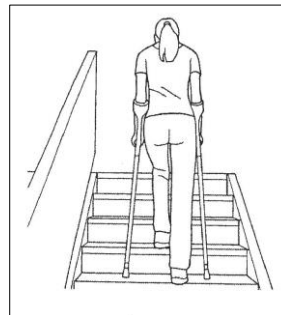
Place your crutches/sticks forward. Place your affected leg between the crutches.



How to mobilise Up & Down stairs using Elbow Crutches

If it is essential to use stairs and you have not been advised otherwise then try and have someone with you until you feel safe. Hold onto at least one handrail if available. Hold spare crutch safely or ask a helper to carry it.

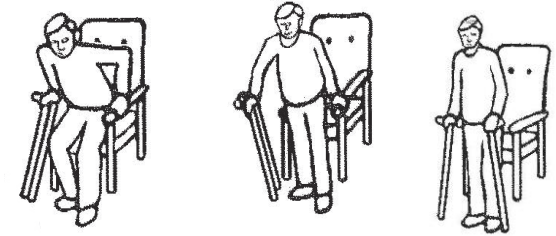
Going up -Keeping the crutches at the same level as you, step up with your good leg. If not weight bearing then hop up with the good leg.



Going down -Put your crutches on the step below you. Lower your injured leg. Take some weight through your arms, step down with your good leg.

Sitting down - Position yourself in front of the chair ready to sit down. Remove arms from the crutches. Stand on the good leg with affected in front of you. Hold your crutches on your good side. Put the other hand on the chair arm, and using the chair and crutches for support, sit down.

Getting up - Crutches should be on your good side. Sit on the edge of your chair. Push up with one crutch and the opposite arm of the chair to assist in standing. Once standing up ensure the arm is secured inside the cuff.



General Safety

1. Use a chair with a high seat and arms to help you sit and stand
2. Remove obstacles such as loose rugs, and worn floor coverings
3. Ensure adequate lighting
4. Wear flat supportive shoes
5. Avoid wet floors
6. Beware of outside hazards



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