Sherwood Forest Hospitals
NHS Foundation Trust

Further advice and information:

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Further sources of information
NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)
PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.
King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net. This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Use of crutches

Emergency Department

King's Mill Hospital
Mansfield Road
Sutton in Ashfield
Notts NG17 4JL
Telephone: 01623 622515, extension 2789

Newark Hospital
Boundary Road
Newark
Notts NG24 4DE
Telephone: 01636 681681

Healthier Communities, Outstanding Care

To stand:

- If you can hold both crutches in one hand, push up with one arm from the chair, the other holding the crutches.
- Position the crutches within your reach, not on the floor.
- Once standing, put your arms into the crutches.
- Put the crutches just in front of your body to get your balance.

To sit:

- Have the chair immediately behind you, touching the back of your knees.
- Take your arms out of the crutches.
- Put your crutches to the side – within reach but not on the floor.
- Reach back for both of the arms of the chair.
- Lower yourself gently into the chair.

Stairs

If it is essential to use the stairs and you have not been advised otherwise, try to have someone with you until you feel safe:

- Hold onto at least one handrail if possible.
- Hold the spare crutch together with the handle of the remaining crutch. The crutch(es) go on the same step as the affected leg.

To walk

If you **are allowed** to put weight on your injured leg:

- Put both crutches forward.
- Put your injured leg one step forward in between your crutches.
- Take your weight onto your hands and step further through with your good leg.
- Put both crutches forward.

If you **are not allowed** to put weight on your injured leg:

- Put your crutches forward – keep your injured leg off the ground.
- Take your weight onto your hands.
- Bring your good leg forward, just past the crutches.

Please bring back the crutches when you can walk without them. This will help other patients.