

Using Crutches or Wheeled Walker Advice

You have been given crutches or a wheeled walker for support so that you can move around safely whilst you cannot walk normally. The person who gave them to you will have told you how to use them, but this leaflet is a reminder for you to keep.

Using your Crutches - Standing

- Hold both crutches in one hand with the handles facing towards the opposite crutch to create a 'H' shape.
- Have one hand firmly holding the crutch handles and the other on the surface you are sitting on to help push yourself up into standing
- Once standing, transfer one crutch into the other hand.
- Put the crutches in front of you and get your balance.



Using your Crutches - Walking

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

- Put both crutches forward.
- Put your injured leg one step forward.
- Take your weight onto your hands and step forward with good leg, just between the crutches, allowing the injured leg to take some weight
- Put both crutches forward



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

- Put both crutches forward - keeping your injured leg off the ground.
- Take your weight onto your hands.
- Bring your good leg forward, just between the crutches.



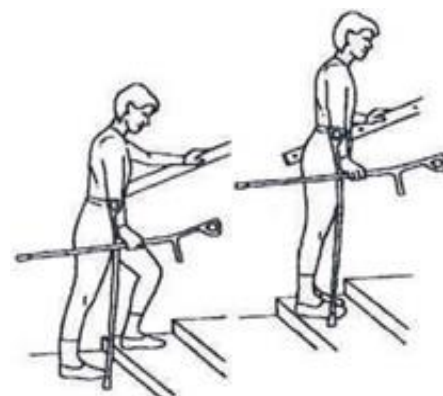
Using your Crutches - Sitting

- Make sure the chair is immediately behind you.
- Put both crutches in one hand with the handles facing towards the opposite crutch to create a 'H' shape.
- Reach back with the other hand and hold the chair arm with the other hand – this will help guide you into the chair.
- Sit down gently.

General advice when using your crutches

You should always –

- use both crutches;
- keep them a little more than hip width apart
- Wear flat shoes – wearing heels may upset your balance



Using your crutches and the stairs

When using the stairs the safest way is to go up and down on your bottom, using your hands and your good leg. However if you cannot manage this you could try using the handrail and 1 crutch.

GOING UP: Good leg, bad leg, crutch

To go upstairs: Put your good leg onto the step, push up on your crutch whilst holding onto the rail, bring your bad leg and then the crutch up to the same step and so on.



To go downstairs:

Put the crutch on the step, move your bad leg down whilst holding onto the rail then bring your good leg to the same step and so on.

GOING DOWN: Crutch, bad leg, good leg

Using your wheeled walker - Standing

Use the arms of the chair to push up – do not hold the frame.
Once standing put both hands on the frame.

Using your wheeled walker - Walking

Push the walker ahead – there is no need to lift the frame.

Using your wheeled walker - Sitting

Make sure the chair is immediately behind you.
Feel for the arms of the chair – do not hold onto the frame.
Sit down gently.



General advice when using your wheeled walker

You should wear flat shoes – wearing heels may upset your balance.
You should not try to use the walker on the stairs but go up and down on your bottom, using your hands and your good leg.

Please return the crutches/wheeled walker to the department who gave them to you within 2 weeks – if you need them longer than this, then please contact that department on the number listed at the bottom of this leaflet.

If you are at all concerned about your injury, please contact the relevant Emergency Department or Minor Injury Unit (MIU):

Royal Gwent Hospital: 01633 234056

Nevill Hall Hospital: 01873 732073

Ysbyty Ystrad Fawr (YYF) MIU 01443 802353 or 802349

Ysbyty Aneurin Bevan (YAB) MIU: 01495 363318

**“This document is available in Welsh /
Mae’r ddogfen hon ar gael yn Gymraeg”.**