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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

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 can't 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 – To stand up

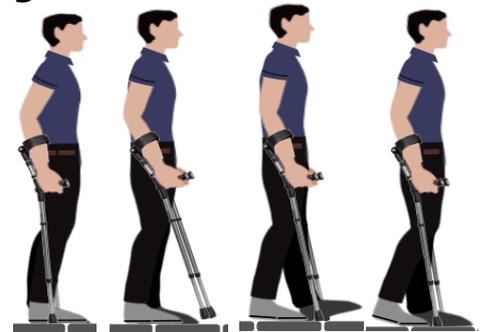
- Put both crutches in one hand with the handles facing towards the opposite crutch to create a 'H' shape.
- Have one hand firmly holding the crutch handles and the other on the surface you are sitting on to help push yourself up into standing.
- Once standing, transfer one crutch into the other hand.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

- 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.

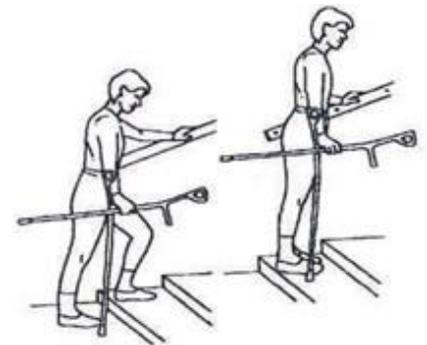
Using your crutches and the stairs

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 can't manage this you could try using the handrail and 1 crutch.

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

GOING UP:

Good leg, bad leg, crutch



To go downstairs:

Put the crutch on the step, take your weight through this and the handrail then move your bad leg down, and then bring your good leg to be on the same step and so on.

GOING DOWN:

Crutch, bad leg, good leg

**If you are at all concerned about your injury, please contact the relevant
Emergency Department: Grange University Hospital: 01633 493287**

Or Minor Injury Unit (MIU):

Royal Gwent Hospital: 01633 234056

Nevill Hall Hospital: 01873 732073

Ysbyty Ystrad Fawr (YYF) MIU 01443 802353

Ysbyty Aneurin Bevan (YAB) MIU: 01495 363318

Using your wheeled walker - Standing

Use the arms of the chair to push up – don't 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 – don't 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 shouldn't try to use the walker on the stairs but go up and down on your bottom, using your hands and your good leg.

Once you no longer need to use them, please return the crutches/wheeled walker to the department who gave them to you.