



Emergency Department

## Use of Crutches

Information for Parents/ Carers

### Introduction

For your child's own safety and to help the injury heal, it is important that crutches are used properly.

Nursing staff will have measured the crutches to be the right size for your child.

- \* Stand close behind your child when they are starting to use crutches.
- \* Your child should look ahead and not at their feet.
- \* Your child's steps should be small and their head and back held straight.
- \* Your child should go up and down stairs on their bottom.
- \* Check the crutch rubbers are not too worn. Worn rubbers mean crutches are likely to slip, especially in wet conditions.

### Walking with Crutches

- To stand up hold both crutches by the handrest in one hand. Use free hand to push up from the chair.
- When standing, transfer one crutch to each hand.
- Reverse manoeuvre this to sit down.

You should have been told by the nurse or doctor whether to be 'non-weight bearing' meaning you shouldn't put any pressure through that foot at all, or 'partial weight bearing' meaning you can.

#### Non-Weight Bearing:

- The injured leg is not put to the ground. Crutches are placed a small distance in front and the patient hops forward on their other leg.

#### Partial Weight Bearing:

- The crutches and injured leg move forward together. The other leg is then stepped forward while most of the body weight is taken on the crutches.

ALL CRUTCHES ARE TO BE RETURNED TO THE HOSPITAL IN GOOD CONDITION WHEN THEY ARE NO LONGER NEEDED SO WE CAN CONTINUE TO PROVIDE THEM FOR ALL CHILDREN WHO NEED THEM. THANK YOU

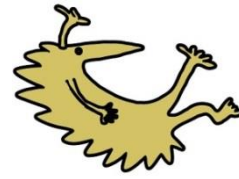
This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.



This information can be made available in other languages and formats if requested.

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Review Date: February 2027

PIAG: 527

