

## Going downstairs

Hold the bannister / handrail on **one** side, use one crutch on the opposite side.

### Non weight bearing:

Put your leg out in front of you, with no weight through it, whilst you put the crutch down on the next step down. Lean your weight through the crutch and handrail whilst you step down with the uninjured leg



### Full weight bearing:

Put your crutch and injured limb on the step below you.

Take some weight through your arm/ crutch and step down with your good leg.

## General support

- For general medical advice please use the NHS website, the **NHS 111** service, walk-in-centres, or your GP.
- NHS website provides online health information and guidance [www.nhs.uk](http://www.nhs.uk)
- There are walk-in and urgent treatment services at Brighton Station, Crawley Urgent Treatment Centre, Lewes Victoria Hospital, Horsham Minor Injuries Unit and Bognor Regis War Memorial Hospital.

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This leaflet is intended for patients receiving care in Brighton & Hove, Haywards Heath, Shoreham, Worthing or Chichester

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# Using elbow crutches

Advice for patients seen  
in the Emergency Department

## Walking with one crutch

Use the crutch in the hand **opposite** the injured limb.

Place the crutch and injured leg forward. Support your body weight through the arm and bring the uninjured leg forward, stepping right through, past the injured leg.

Continue walking keeping the crutch in line with the injured leg.



## Walking with two crutches

### Non-weight bearing:

Bend your knee so that the foot is off the floor and is bent up behind you. Place the crutches forward and step through with the uninjured leg.



### Partial weight bearing:

Place both crutches forward. Put the injured leg in line and between the crutches.

While putting some weight on the crutches, through your hands, step right through with the good leg.

Continue walking with the crutches supporting the injured leg.

## Going up steps/stairs

Hold the bannister/handrail on **one** side, use one crutch on the opposite side. (If you have been using two crutches to walk, carry the other crutch in the fingers of the hand using the crutch)

Holding the hand rail, keep the crutch on the same step as you are.

Push through the crutch and step up with your good leg. If you are non-weight bearing, remember to keep your injured leg off the floor.

Finish by bringing your crutch up to the same step.

