

# How do I use my crutches (Fully weight bearing)?

Physiotherapy department

This leaflet gives general information. You must always discuss your individual treatment with the appropriate member of staff. Do not rely on this leaflet alone for information about your treatment. This information can be made available in other languages and formats if requested.

## **What does fully weight bearing mean?**

Walking 'fully weight bearing' means that you are allowed to put as much weight through the injured leg as you need to whilst standing, walking or getting up from sitting.

## **How do I stand up?**

- Hold both crutches in one hand.
- Lean forward and push up on crutches and the opposite arm of the chair.
- Make sure you are well balanced.
- Once standing put your arms into the crutches securely and get your balance.

## **How do I walk with crutches?**

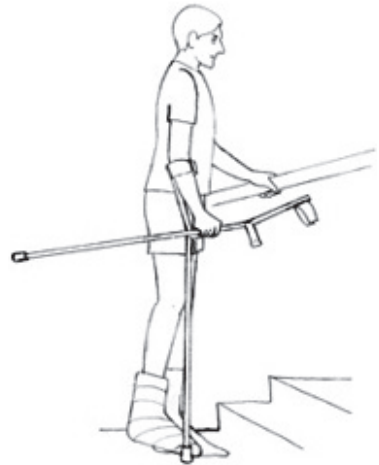
- From standing position, put crutches forward keeping your arms straight and close to your sides.
- Lean forward on to crutches.
- Step forward with affected leg so your foot is level with the crutches.
- Bring your non-affected leg level.
- Recover your balance between each step.

## How do I sit down again?

- Walk up to the chair using your crutches and turn round using small steps until you feel the chair with the back of your legs.
- **DO NOT** swivel round.
- Make sure the chair is not likely to move and that you are well balanced.
- Take both arms out of crutches, hold them in one hand on one side.
- Reach for the chair with your free hand and sit down slowly.

## How do I go upstairs?

- Hold onto a handrail when possible.
- Hold the spare crutch together with the handle of the remaining crutch.
- Step up one step with your non-affected leg.
- Bring your crutches and affected leg up to the same step.
- Repeat as needed.



## How do I go downstairs?

- Hold onto a handrail when possible.
- Hold the spare crutch together with the handle of the remaining crutch.
- Place your crutches and affected leg on to next step down.
- Then bring the unaffected leg down to the same step as you slide hand along rail.
- Repeat as needed.

## Be Aware

Avoid wet floors, outdoor hazards such as wet leaves and ice.

Wear flat supportive shoes.

Check the rubber ferrules on bottom of crutches for wear and tear before each use.

## Contact details

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