



## Patient Information

# Physiotherapy Advice- How to use your Crutches

### Getting up safely from the chair

- Do not stand up or sit down with your arms in the elbow cuffs.
- A chair with a high seat and arms is preferable.
- Move your bottom to the edge of the chair seat.
- Crutches should be held in one hand crossing the handles in a 'H' shape.
- Lean forwards.
- Push on crutches and the opposite arm of the chair to assist standing.
- Once standing, ensure your arms are securely inside the cuffs of the crutches.

### Sitting down safely

- Stand with the chair behind you. Make sure you feel the chair behind the back of your legs.
- Hold crutches in an 'H' shape and take your arms out of the elbow cuffs.
- Reach behind with the other hand for the arms of the chair.
- Bend your knees, and then stick your bottom out.
- Sit down gently.

### Hazards

- Loose rugs/worn carpets.
- Trailing wires.
- Wet floors.
- Dogs/cats.
- Poor lighting – especially hall and stairs.
- Poor footwear.
- Worn ferrules (rubber grip on the bottom of the crutch).



# Physiotherapy Advice- How to use Crutches

## Replacing the ferrules

Disabled Care and Mobility,  
514 Cricklade Road. 01793 701313.  
A range of sizes in stock, unable to post.

Swindon Mobility Centre, 125 Rodbourne Road. 01793 423484.  
A range of sizes in stock, able to post.

Please contact us if your crutches are:

- Bent
- Wobbly
- Have Loose Joints
- Worn Ferrules.

**Please return the crutches if they are no longer required to: Rehab Therapy, Ground floor, Great Western Hospital.**

Orthopaedic Therapy Team  
Telephone 01793 605119  
Monday – Friday 8.15am – 4.15pm  
Email: [gwh.orthopaedictherapy@nhs.net](mailto:gwh.orthopaedictherapy@nhs.net)

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

### Document Control

Division: Integrated & Community Care  
Department: Physiotherapy  
Approved Date: 20 May 2021  
Next Review Date: June 2024  
Document Number: I&CC - PIL049