

- When coming down you should steady yourself with the hand on the same side as the bad leg.
- If you are not allowed to put any weight on your foot you MAY be able to hop with the help of the banister, but you may find it easier to go up and down on your bottom.

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King’s Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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**INFORMATION FOR PATIENTS**

**Use of crutches**

**Emergency Department**

**King’s Mill Hospital**

Mansfield Road  
Sutton in Ashfield  
Notts NG17 4JL  
Telephone: 01623 622515, extension 2789

**Newark Hospital**

Boundary Road  
Newark  
Notts NG24 4DE  
Telephone: 01636 681681

### **To stand:**

- Hold both crutches in one hand.
- Push up from the chair with your free hand.
- Once standing, transfer one crutch into the other hand.
- Put the crutches in front of you and get your balance.

### **To sit:**

- Have the chair immediately behind you and feel with the backs of your legs.
- Put both crutches in one hand.
- Hold the chair arm with the other hand.
- Sit down gently.

### **To walk**

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 further through with your good leg.
- Put both crutches forward.

If you are not allowed to put weight on your injured leg:

- Put your crutches forward - keep your injured leg off the ground.
- Take your weight onto your hands.
- Bring your good leg forward, just past the crutches.

### **Going up and down stairs**

When using crutches to go up and down stairs:

- If you are allowed to put weight on your foot, you should use the banister and one crutch to help you.
- You can hold the other crutch in your hand or ask someone to carry it for you.
- You should use your good leg to lead up and your injured leg to come down.
- If you are not using one crutch, where possible dependant on which side of the stairs the banister is, you should help yourself to pull up on the banister using the opposite hand to the good leg when going up.