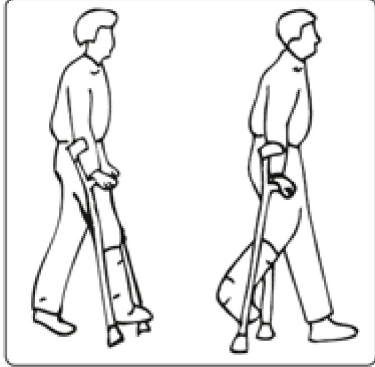


## Advice for Walking with Elbow Crutches

Crutches will help to reduce weight bearing through an injured leg - this avoids limping, which puts undue stress on the 'good' leg or back.

1. If no weight can be taken on the injured leg, **non-weight bearing** may be advised.
  - The injured leg moves forwards with both crutches, but no weight is taken through the leg.
  - Take all your weight on the crutches and step through with the 'good' leg.



2. If **some** weight can be taken through the injured leg, **partial weight bearing** may be advised.
  - Both crutches move forward with the injured leg.
  - Walk in a normal pattern, taking as much weight as possible through the injured leg and the remainder through the crutches.

### **To sit**

- Hold both crutches in one hand, by the handgrips, on the affected side.
- Reach down to the chair with the other hand and slowly sit down.

### **To stand**

- Again hold both crutches in one hand, by the handgrips, on the affected side.
- The other arm can push up from the chair as you stand.



### **Stairs**

- **For safety reasons, avoid stairs as far as possible. At first, and if unsteady, go up and down on your bottom. Go one stair at a time, with care.**
- Use a bannister if one is available and carry the spare crutch in the fingers of the other.
- **Going up** - step with the 'good' leg first, follow with the bad leg and crutches.
- **Going down** - crutches down first then step down with the bad leg, follow with the 'good' leg.

To help you remember:

- A, B, C to go up
- C, B, A to go down

Where A = Able leg, B = Bad leg, C = Crutch



**If you have any problems or there is a suspected fault, please bring the crutches back for advice.**

**Could you please return crutches when you have recovered. Thank you.**

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**If you have any queries or concerns, please phone your GP or 111**

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This information can be offered in other formats on request, including a language other than English and Braille.

**RD&E Main Switchboard: 01392 411611**

**For RDUH services log on to: [www.royaldevon.nhs.uk](http://www.royaldevon.nhs.uk)**

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