

If you have any questions regarding any of the advice included in this leaflet, please do not hesitate to contact the physiotherapy department on **0114 263 2112**

For advice on how long to wear your stockings please contact the nursing staff on **0114 263 2176**

USEFUL VIDEOS

All Care Physio - How to use crutches- Non weight-bearing

<https://www.youtube.com/watch?v=wJgXldqdl4I>

Using Crutches on Stairs from 1:55

<https://www.youtube.com/watch?v=X7kWp2zq12w>

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Non-Weight Bearing (using elbow crutches) Physiotherapy Advice



Welcome to exceptional healthcare



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Stairs

The physiotherapist will show you how to manage stairs with crutches. If you have weak arms, or are using a frame, you will have to do the stairs on your bottom. The main difficulty is standing back up when you get to the top of the stairs. You can use a low stool to lift you up in stages.

Alternatively, you can try getting on your hands and knees and pulling yourself up on a chair. It is useful to try this at home before your surgery; it can be harder than you think. Alternatively, you can bring a bed downstairs temporarily.

Where possible use a handrail with your crutches in the other hand. Where no handrail, use both crutches.

Going up

- Bend your knee on your operated leg behind you
- Push through your crutches and place your non-operated leg up on to the first step
- Bring your crutch up onto the same step.



Going Down

- Keep your operated leg straight out in front of you
- Put your crutches down onto the step below
- Using the support lower your non-operated leg down to the step below.



How to stand up

1. Make an 'H' shape with both crutches.
2. Push from the bed / chair with your other hand and stand up.
3. Put both forearms into the loops of the crutches, one after the other.
4. Now separate both crutches and use as demonstrated.

This process can be done in reverse for sitting down. Ensure your arms are not in the crutch loops during the process of sitting or standing.



How to walk

1. Place both crutches in front of you and put your weight down through them.
2. Keep your operated leg off the floor.
3. Hop with your non-operated leg to a point just before the crutches.

