

Contact details

If you have you any other questions or problems please contact the A&E Department.

Telephone: 01483 571122 **ext** 2206 / 2207

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

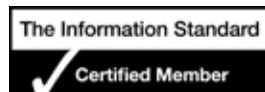
Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Advice for using crutches

Accident and Emergency Department



Patient information leaflet

How do I use crutches to stand?

1. Put both crutches into one hand. Do not stand up with arms in crutches.
2. Push up from the chair.
3. Once standing, transfer one crutch into the other hand.
4. Put the crutches in front of you and get your balance.

How do I use crutches to sit?

1. Make sure the chair is right behind you. Do not sit down with arms in crutches.
2. Put both crutches in one hand.
3. Hold the chair arm with the other hand.
4. Sit down gently.

How do I use crutches to walk?

- A) If you **are allowed** to put weight on your injured leg:

Put both crutches forward.

Put your injured leg one step forward in between your crutches.

Take your weight onto your hands and step further through with your good leg.

Put both crutches forward.

- B) 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.

Reference

- www.patient.co.uk