

How to walk with elbow crutches

This leaflet aims to guide you on how to walk with elbow crutches. If you have any further questions, please speak to a physiotherapist caring for you.

How to walk with elbow crutches:

1. Move to the front of your chair
2. Arrange the crutches into a 'H' shape
3. Put one hand on the chair and the other on the handle of crutches (do not place your arm inside the loops of the crutches)
4. Slide your operated leg forward.
5. Push up into standing.
6. Place each hand into the crutches one at a time and separate the crutches in front of you.
7. **To walk:** First put the crutches forward, then the operated leg (between the crutches) and then step with your non-injured leg.
8. Once you find this easy there are other more efficient ways to walk – ask your physiotherapist.



What should I do if I have a problem?

If you have any problems with your elbow crutches whilst you are on the ward, please contact the physiotherapist caring for you. The nursing staff will be able to help you do this.

If you have any problems with your elbow crutches once you have left the hospital, please contact the physiotherapy department for further advice (see the contact details section below).

Safety checks you should complete regularly:

- Check the rubber ends on your crutches regularly. If they are wearing smooth, consult the physiotherapy department at the hospital.
- Check that both gold buttons on your crutches (that adjust the height of the crutch) are sticking firmly out of the metal. If any of the buttons are pushed in, consult the physiotherapy department at the hospital.

Contact us

If you have any questions or concerns about your elbow crutches, please contact the relevant physiotherapy department at the hospital where your crutches were issued:

Physiotherapy at St Thomas' Hospital: 020 7188 5094 (Monday to Friday, 9am to 5pm)

Physiotherapy at Guy's Hospital: 020 7188 5103 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017

e: members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk

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