



Instruction on using crutches for walking

When you walk, you have to put your injured foot or leg on the ground.

Your foot or leg with plaster castcan take your weight
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Stand on your good foot / leg and move your injured foot on the floor by the good one.



Move the crutches and your injured foot / leg forward.



Put your weight on the crutches and with your good foot / leg, take one step forward.



Walking up or down a staircase

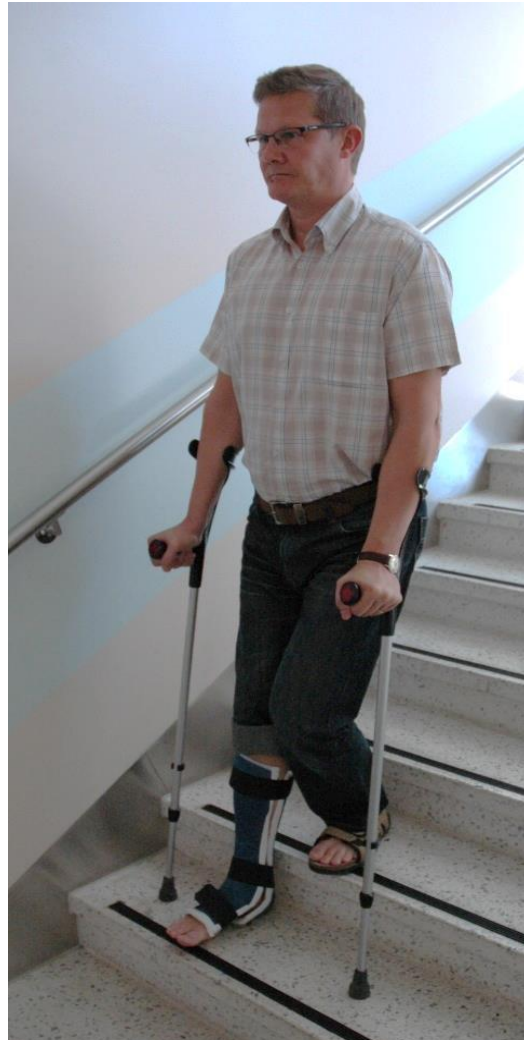


Up

Lean on the crutches.

Lift your good foot onto the next step.

Stand up on your good leg and lift the crutches and your injured foot / leg next to your good one.



Down

Stand with your weight on your good leg.

Place the crutches and lift your injured foot/leg on the next step.

Lean on the crutches and lift your good foot next to the injured one.



After being discharged from the hospital ward, you can borrow a pair of crutches from your local health centre. If you were admitted to the Emergency and Accidents Unit, you can borrow a pair of crutches from there. When no longer needed, return the crutches to the same location you borrowed them from.

Physiotherapist..... Tel.014-.....