

General Safety

1. Use a chair with a high seat and arms to help you sit and stand
2. Remove obstacles such as loose rugs, and worn floor coverings
3. Ensure adequate lighting
4. Wear flat supportive shoes
5. Avoid wet floors
6. Beware of outside hazards
7. All equipment should be regularly inspected

Check for:

- ~ Bent or damaged tubes or cracked joints
- ~ Both buttons of the spring clips are present
- ~ Loose handles
- ~ Smooth or worn ferrules

Adjusting your Crutches

Horseshoe Clip adjustment...

1. Remove the clip by grasping it between the thumb and forefinger and pulling out
2. Slide the leg in or out to the ideal position
3. Push the clip back firmly into the hole
4. Check the clip is fully located before use

Spring Pin adjustment...

1. Press the two buttons in
2. As above
3. Check pins are fully located before use

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If your involvement with the department hasn't reached your expectations and should you want to make a formal complaint please contact the Complaints Co-ordinator of NMDHB or the Physiotherapy Team Leader

If you have any comments that may enable us to provide a better services please contact us at the above address or place in the suggestion box.

Nelson Hospital Physiotherapy Department



How to use Elbow Crutches

How to use Elbow Crutches

This brochure provides information on how to use Elbow Crutches unless instructed by a physiotherapist.

If you have been instructed to be:

Non-weight bearing on your affected leg

Step forward using your healthy leg.



Partial weight bearing on your affected leg

Walking with crutches/sticks.

Place your crutches/sticks forward.

Place your affected leg between the crutches.



How to mobilise Up and Down stairs using Elbow Crutches

If it is essential to use stairs and you have not been advised otherwise then try and have someone with you until you feel safe. Hold onto at least one handrail if available. Hold spare crutch safely or ask a helper to carry it.

Going up

Keeping the crutches at the same level as you, step up with your good leg. If not weight bearing then hop up with the good leg.



Push on your crutches on the step below you and bring your injured leg up, finally moving your crutches to the same level. Repeat.

Going down

Put your crutches on the step below you. Lower your injured leg. Take some weight through your arms, step down with your good leg.



Sitting down

Position yourself in front of the chair ready to sit down. Remove arms from the crutches. Stand on the good leg with affected in front of you. Hold your crutches on your good side. Put the other hand on the chair arm, and using the chair and crutches for support, sit down.

Getting up

Crutches should be on your good side. Sit on the edge of your chair. Push up with one crutch and the opposite arm of the chair to assist in standing. Once standing up ensure the arm is secured inside the cuff.

