

## Use of Crutches

### Patient information - Orthopaedic Outpatients and Physiotherapy Departments

- Correct height of crutches—your elbows should be slightly bent when your crutches are by your side.
- When walking, put your elbow crutches forward first, then your injured leg and then your uninjured leg.
- When going up stairs, put your uninjured leg up on the step and then follow with the crutches and your injured leg.
- When coming down the stairs, put your crutches and your injured leg down on the step first, then follow with your uninjured leg.

#### Before sitting down:

- feel for the seat of the chair on the backs of your legs
- take the crutches out from under your arms, using the hand pieces of the crutches to steady yourself with one hand
- reach back to the chair with your other hand
- place your injured leg forward to prevent weight-bearing on it

#### To stand up:

- place both crutches in one hand slightly forward of yourself
- push down on the chair with your other hand
- once you are standing, place both your hands in the crutches

Please return the crutches to:

CDHB Supply Department, 211 Blenheim Road

or

Orthopaedic Outpatients Department when you have finished with them.

You will receive a receipt stating that you have returned the crutches.

If you paid a bond, you will receive a cheque in the mail after you have returned them.

Orthopaedic Outpatients Department  
Christchurch Hospital  
Telephone: (03) 364 0800

Physiotherapy Department  
Christchurch Hospital  
Telephone: (03) 364 0680

For more information about:

- your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)
- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)

