

Information for patients, family and visitors

EQUIPMENT SAFE USE GUIDE – ELBOW CRUTCHES

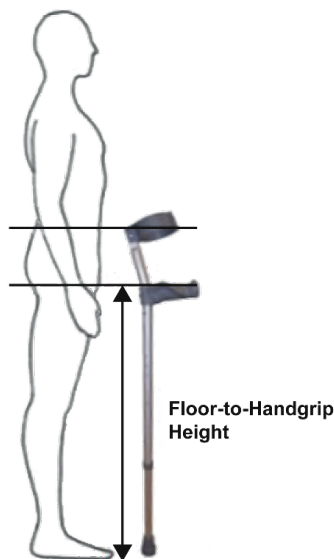


Elbow Crutches

This is a guide to use with advice from your physiotherapist or health professional. Speak to your health professional for advice on how to choose the right walking aid and use it safely.

Your crutches may be different from the crutches in this picture.

How to make crutches the right height for you:



- ◆ Stand up straight with your shoes on and your arms relaxed by your side.
- ◆ Adjust the height so that the handles of the frame are at the level of the crease of your wrist.
- ◆ To adjust the height, loosen the knobs on the outside of the crutches and move the arms up or down. Once at the correct height, tighten the knobs.
- ◆ When you place both hands on the handles of the crutches, your elbows should be slightly bent.
- ◆ As your crutches may be different, speak with your health professional or follow advice from the manufacturer.

How to use your crutches:

- ◆ As each person's case is different, ask your physiotherapist or health professional for advice on how to stand up and sit down, walk, and go up and down stairs with crutches.

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Safety

- ◆ Check the safe use weight limit before using the crutches.
- ◆ Have someone help you until you feel safe and ready.
- ◆ Do not try to stand up or sit down with your arms in the crutches as this may make you unstable and hurt your shoulders.
- ◆ Walk at an easy pace and turn slowly.
- ◆ Make sure you have a clear path and remove rugs and other dangers.
- ◆ Be careful when walking over uneven or wet ground.

How to look after your crutches:

- ◆ If the crutches appear damaged, do not use them.
- ◆ Make sure rubber stoppers are attached firmly.
- ◆ Replace rubber stoppers if worn or damaged.
- ◆ To clean wipe with a mild soap.

Notes from health professional: