

# EQUIPMENT SAFE USE GUIDE

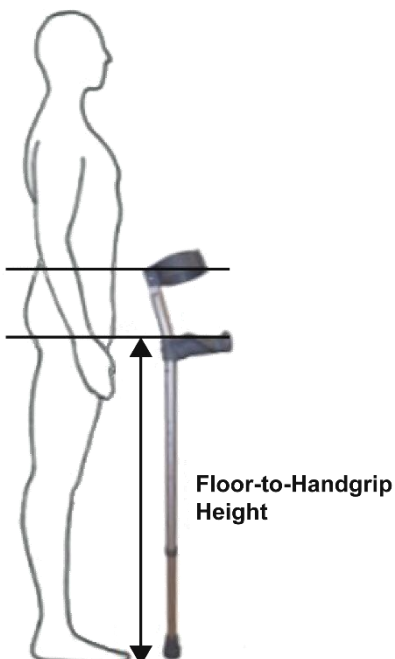
## Elbow Crutches

This is a general guide, to be used together with advice from a physiotherapist or relevant health professional. Speak to a health professional for individual advice on how to choose the right walking aid and use it safely.



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

### How to make the crutches the right height for you:



- ◆ Stand up straight with shoes on and with your arms relaxed by your side.
- ◆ Adjust the height so that the handle of the crutch is at the level of the crease of your wrist.
- ◆ Adjust the cuff to a comfortable length below your elbow.
- ◆ To adjust the height, push in the button and slide up or down to the appropriate notch.
- ◆ After adjusting the height, check that all adjustment buttons click into place.
- ◆ When you place your hands on the handles of the crutch, your elbows should be slightly bent.

## **How to use your crutches:**

- ◆ As each situation is different, ask a physiotherapist or relevant health professional for advice on how to stand up and sit down, walk, and go up and down stairs with crutches.

## **Safety:**

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

## **How to look after your crutches:**

- ◆ If the crutches appear damaged do not use.
- ◆ Make sure rubber stoppers are attached securely.
- ◆ Replace rubber stoppers if worn or damaged.
- ◆ To clean – wipe with a mild detergent.

## **Notes from health professional:**