

# Using crutches

## Information for parents and carers

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For your child's own safety and to help the injury heal, it is important that crutches are used properly. Staff will have measured the crutches to be the right size for your child.

- Stand close behind your child when they are starting to use crutches.
- Your child should look ahead and not at their feet.
- Your child's steps should be small and their head and back held straight.
- Check the crutch rubbers are not too worn. Worn rubbers mean crutches are likely to slip, especially in wet conditions.

### To stand up

Hold both crutches by the handrest in one hand.

Use free hand to push up from the chair.

### When standing

Transfer one crutch to each hand.

Reverse manoeuvre this to sit down.

You should have been told whether to be 'non-weight bearing' meaning you should not put any pressure through the sore or broken side at all, or 'partial weight bearing' meaning you can put gentle pressure through, using the crutches as support.

### Non-weight bearing:

- The 'bad' leg is not put to the ground. Hold it slightly in front of you with the knee slightly bent.
- Stand on your 'good' leg.
- Move both crutches forward keeping them apart and level.
- Move your body forwards between the crutches allowing your 'bad' leg to swing through.

### Partial weight bearing:

- Move both crutches forward keeping them apart and level.
- Place your "bad" leg on the ground, level with the crutches.
- Step forward with your "good" leg.

## Using crutches with stairs

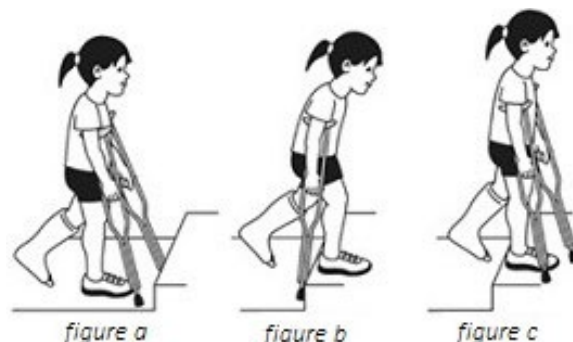
If your child has been advised to be **non-weight bearing**, they should follow this advice when using stairs.

You should position yourself close to them on stairs at all times.

### Going up: 'Good foot, sore foot, crutches'

Your child should:

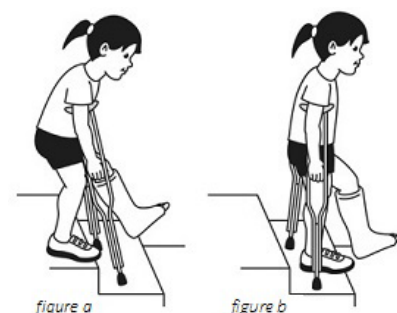
- Walk right up to the step (figure a).
- Push through their arms, lean forward and bring their weight over the crutches, then hop onto the first step with their good foot (figure b).
- Straighten their body while bringing crutches and sore leg up onto the step (figure c).



### Going down: 'Crutches, sore foot, good foot'

Your child should:

- Walk to the edge of the step.
- Place their crutches onto the step below (figure a).
- Move their sore foot out in front of the crutches and lean slightly forward, then let the crutches carry their weight.
- Push firmly through the crutches and step down onto the good leg (figure b).
- Continue the process down the stairs.



### Alternatively

If your child feels unsafe using crutches on stairs, they can sit on the step and go up and down on their bottom.



**ALL CRUTCHES ARE TO BE RETURNED TO THE EMERGENCY DEPARTMENT IN GOOD CONDITION WHEN THEY ARE NO LONGER NEEDED SO WE CAN CONTINUE TO PROVIDE THEM FOR ALL CHILDREN.**

**THANK YOU.**

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