

MUSCULOSKELETAL PHYSIOTHERAPY

How to use elbow crutches

Getting out

- Crutches should be near the chair or held in one hand.
- Push up on one crutch and the opposite arm of the chair to assist in standing.
- Once standing up, ensure the arm is secured inside the cuff.

Getting into a chair

Position yourself in front of the chair ready to sit down. Remove both arms from the crutches: hold the crutches in one hand or place near chair. Sit down.

- **Non weight bearing**

- Keep the affected leg off the ground by holding it slightly in front with the knee slightly bent.
- Move the crutches one pace forward, slightly and level.
- Move body forward between the crutches allowing the unaffected leg to swing through.

- **Partial weight bearing**

This is where the injured leg can take some weight:

- Move the crutches one pace forward, slightly.
- Place the affected leg on the ground level with the crutches, which supports some of the body weight.
- Step through with the unaffected leg.

- **Stairs**

If it is essential to use the stairs and you have not been advised otherwise, try to have someone with you until you feel safe. Hold onto at least one handrail if possible. Hold the spare crutch together with the handle of the remaining crutch.

The crutch/crutches go on the same step as the affected leg.

- **Going up**

The affected leg goes first, followed by the crutches and then unaffected leg onto the same step.

The procedure is repeated.

- **Going Down**

The affected leg goes first, with the crutch/crutches, being followed by the unaffected leg onto the same step. The procedure is repeated.