

Physiotherapy

Walking aids

You will have had an assessment on your ward and been given a walking aid such as crutches or a walking frame.

This leaflet will give you some instructions to follow at home when you are using walking aids.

- Put your weak leg forward with the crutches then step through with the good leg. The pattern is therefore:
 - Crutches
 - weak leg
 - good leg
 - repeat
- Lead with your stronger leg when going up the stairs leaving the crutches on the lower step.
- Lead with the crutches and your weak leg when going down the stairs.
- Hold onto the banister with one hand and use one crutch on the stairs. You can carry the spare crutch horizontally under the handle of the crutch you are holding.
- When instructed to use just one crutch or stick, use it on the opposite side to your weak leg.
- When standing up or sitting down hold the crutches together in one hand by the handles and push yourself up with the other hand from the chair; don't try to stand up or sit down with both hands on the walking aids. Alternatively, push up from the chair with both hands if using a frame.
- Don't walk into the front of the frame or walk carrying the frame.
- When turning around always lift your feet up and step around – do not spin on either leg.
- Do not try to walk upstairs with a frame.

Follow the following precautions for your safety at home:

- Remove any obstacles such as loose rugs, draught excluders and worn floor coverings.
- Ensure lighting in hallways and on your stairs is adequate.
- Wear flat, supportive shoes rather than slippers.
- Avoid wet floors so that you don't slip over.
- Be careful of outdoor hazards such as ice, wet leaves, uneven surfaces, high winds and crowds.
- Check your walking aids daily for wear and tear. If you are concerned about the safety of the equipment please return it to the physiotherapy department for checking.

If you have any questions, please contact the physiotherapy department on 01223 216633.



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagidaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

Bengali

Document history

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