

NHS Forth Valley

How to use your Elbow Crutches



Elbow crutches are used by a variety of people for different reasons including:

- Those recovering from injuries requiring to be non weight-bearing or partial weight-bearing through the injured limb.
- People with reduced balance, strength or endurance when walking.
- People with pain, weakness or instability in any part of their leg e.g. hip, knee or ankle and requiring more support than a walking stick.

Elbow crutches can be used indoors and outdoor

Walking with Elbow Crutches:

You will have had instruction from your physiotherapist or the health professional on the best way for you to use your crutches.

Getting up from a chair:

- The elbow crutches should be near the arm of the chair.
- Lean forward, place your hands on the arms of the chair and push yourself up to stand.
- Carefully pick up your elbow crutches and place your arms in the cuffs to grip the handles. Pause before moving off.

Sitting down on a chair:

- When returning to the chair, turn until you feel the chair on the back of both your legs.
- Remove the elbow crutches from your arms and place them close to you at the side of the chair.
- Place your hands on the arms of the chair, bend forward and slowly lower yourself into the chair.

Using your Elbow crutches on the stairs:

- If your stairs have a secure handrail, hold onto this for safety.
- Use one elbow crutch for support and hook your fingers around the other crutch to transport it with you.
- Only attempt the stairs yourself if you feel safe, otherwise ask someone to help you.

Ascending Stairs:

- Use one elbow crutch for support and hook your fingers around the other crutch to transport it with you.
- Step up with your unaffected leg, then with your affected leg step onto the same step.
- The supporting elbow crutch is the last to move up level with your feet.

Descending stairs:

- First place the supporting elbow crutch on the lower step keeping it away from the edge.
- Step down with the affected leg.
- Follow with the unaffected leg onto the same step.
- Ensure you place the whole foot onto the step.
- Always take your time.

General Safety

- Regularly check your elbow crutches for bent or damaged tubes or cracks at the joints.
- Check that the adjustable buttons are present.
- Check the rubber ferrules on the bottom of your elbow crutches have not worn smooth or have split. These can be replaced by contacting:

Single point of referral on 01324 673733.

- Remove any loose mats or rugs to prevent tripping while using elbow crutches.
- Be aware of hazards including wet floors, uneven surfaces, wet leaves, ice or carrying too many bags.
- In the event of an accident or fall the elbow crutches should be inspected before use.
- If your elbow crutches become damaged or worn and requires replacing, contact:

Single point of referral on 01324 673733

Why Can't I return my walking aid to the hospital or clinic?

Hospitals and clinic have no facilities to ensure equipment is:

- Cleaned to infection control standards
- Fully restored to its safe working standards for use by another patient.

Help us recycle, repair and re-use

When you no longer require this equipment you will be able to return it to a local recycling centre. The equipment can be refurbished and used again if it is in good condition.

What happens at the recycling centre?

The site staff will direct you to the container marked for walking aids.

Where are the recycling centres?

<p>Roughmote Recycling Centre Bogton Road Bonnybridge FK5 0NP</p>	<p>Kinneil kerse Recycling centre Grangemouth Rd Boness EH51 0PU</p>	<p>JLES Depot Unit 9 West Mains Industrial Estate Grangemouth FK2 7XU</p>
<p>Opening Hours: Mon 8:00-6:00 Tues Closed Wed closed Thurs 8:00-6:00 Fri 8:00-6:00 Sat 8:00-6:00 Sun 8:00-6:00</p>	<p>Opening Hours: Mon 08:00-6:00 Tues 08:00-6:00 Wed 08:00-6:00 Thurs closed Fri Closed Sat 08:00-6:00 Sun 08:00-6:00</p>	<p>Opening Hours: Mon 8:30-5:00 Tues 8:30-5:00 Wed 8:30-5:00 Thurs 8:30-5:00 Fri 8:30-4:00 Sat Closed Sun Closed</p>

Last entry to both recycling centres will be 5:45pm

www.falkirk.gov.uk/recyclingcentres



Falkirk Council



**Falkirk
Health and Social Care
Partnership**

Notes

Notes

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print. Please call **01324 590886 (9-5) to arrange this or email fv.disabilitydepartment@nhs.scot**

**For all the latest health news visit www.nhsforthvalley.com
follow us on [twitter @NHSForthValley](https://twitter.com/NHSForthValley)
or like us on [facebook](https://www.facebook.com/nhsforthvalley) at www.facebook.com/nhsforthvalley**

SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



NHS Forth Valley
Administration Offices
Westburn Avenue, Falkirk FK1 5SU
www.nhsforthvalley.com

Re-order Ref: PIL/DRAFT

Review Date: 2022