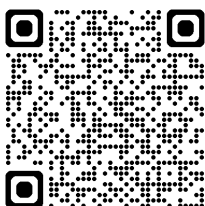


Using Crutches



Information for people attending the Minor Injury Unit

Telephone: 01275 546852 (Clevedon MIU) | 01454 315 355
(Yate MIU) | 0117 342 9692 (Bristol UTC)

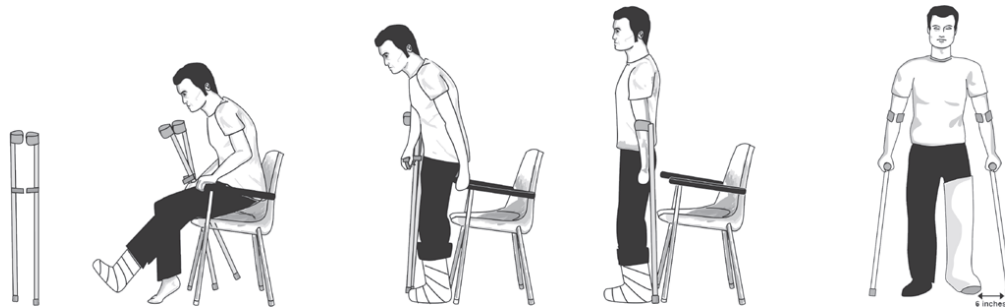


Scan this QR code to view this information on the
Sirona care and health website.

Standing

Place the crutches into the 'H' position (see diagram). Then place one hand onto both handles and the other onto the arm of the chair and stand up. Once standing, place each hand through the cuffs of the crutches and hold the handles (handles face forward).

For stability in standing, each crutch should be slightly in front and out to the side of your feet.



Sitting

Take each arm out of the crutches and place them in the 'H' position and hold with one hand. Once you feel balanced, reach back for the arm of the chair with your free hand.

In a slow and controlled manner



Walking

For non-weight bearing:

Keeping the affected leg off the ground and taking weight through the good leg, place the crutches one step ahead, level with each other.

Move forwards between the crutches, swinging the good leg to land level with the crutches.

For partial weight bearing:

- Taking some weight through the bad leg, place the crutches one step ahead, level with each other.

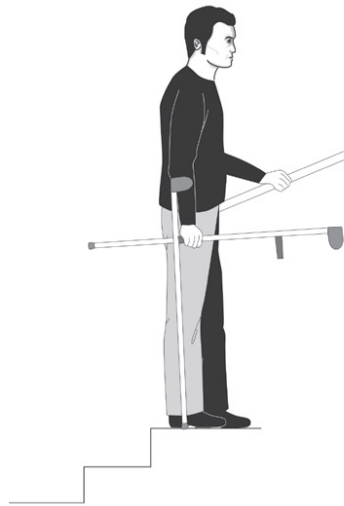
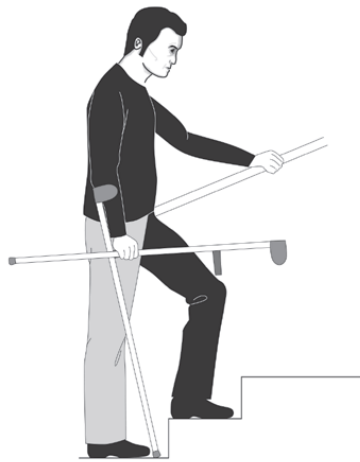
- Place the bad leg on the ground, just before the crutches. Step through with the unaffected leg.

Stairs

Where possible use a handrail and hold both crutches in the same hand (see diagram right) or give the spare crutch to someone else.

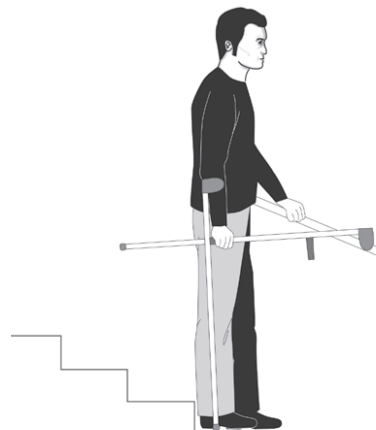
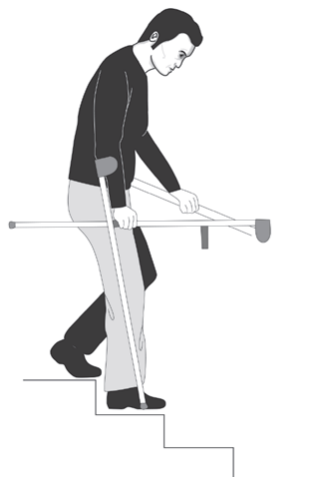
Going up

1. Unaffected leg.
2. Affected leg.
3. Crutch.



Going down

4. Crutch.
5. Affected leg.
6. Unaffected leg.



Please return all crutches to the MIU when they are no longer needed.

Remember - you needed them and someone else will too.

Please check with your insurance company to ensure you are covered to drive.

Minor Injury Units

Our minor injury and urgent treatment centres support the local community with urgent minor injuries and/or illnesses. They are led by our specialist emergency nurse practitioners, who are fully trained in both adult and paediatric care.

They are walk-in centres so you don't need an appointment or a referral – you can just arrive at the centre during opening hours. These centres are not appropriate for life-threatening injuries or serious illnesses.

Bristol Urgent Treatment Centre Minor injuries and illnesses Open 8am-8pm, 7 days a week South Bristol NHS Community Hospital Hengrove Promenade Hengrove, Bristol BS14 0DE T: 0300 124 6260

Yate Minor Injury Unit Minor injuries only Open 8am-8pm, 7 days a week Yate West Gate Centre 21 West Walk, Yate BS37 4AX T: 0300 125 6800

Clevedon Minor Injury Unit Minor injuries only Open 8am-8pm, 7 days a week North Somerset Community Hospital Old Street, Clevedon BS21 6BS T: 01275 546852

We want you and the people who help you to understand what we send. If you need help with this letter or leaflet, please tell us.

We can help with larger print, audio (a message to listen to), Easy read, British Sign Language or this information in another language.



Please scan the QR code to listen to an audio version of this statement.

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