

Safety Guide for Elbow Crutches and Gutter Crutches

Patient Information

Therapy Services



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

Author ID: HJ
Leaflet Ref: Tpy 003
Version: 8
Leaflet title: Safety Guide for Elbow Crutches and Gutter Crutches
Date Produced: January 2023
Expiry Date: January 2025

Our Values

**People at
the Heart**

**Listen and
Involve**

**Kind and
Respectful**

**One
Team**

Use of your crutches

The crutches are provided to give you assistance with your balance, and to reduce the amount of weight taken through your affected leg(s) or to allow no weight to be taken through it.

A member of staff will instruct you in the safe use of the crutches and adjust the height to suit your individual needs.

Safety points to remember

1. The crutches have been issued and measured for you personally and should not be given to someone else.
2. Follow the technique instructions from the issuing member of staff.
3. For safety you should regularly check that:
 - The handles of the crutches or arm rests on the gutter crutches are not split.
 - The adjustment holes should not be elongated.
 - The ferrules (the rubber end to the crutch) not worn – it should have a tread like a car tyre to prevent it slipping during use and can become dangerous if smooth.
4. If you are concerned about their safety or need advice about your crutches please contact your issuing department. Contact details are on the sticker attached to your crutches.
5. If you no longer need your crutches they can be returned to the hospital at your next visit.

Be safe—follow these tips

- Remove obstacles to walking such as loose rugs, draught excluders and worn floor coverings. These can be a trip hazard.
- Make sure lighting where you are walking is adequate, particularly in halls and stairways
- Wear flat supportive shoes rather than slippers; ideally, they should fasten securely to your feet.
- Avoid wet floors.
- Beware of outdoor hazards e.g. uneven surfaces, wet leaves and ice.

Additional telephone numbers

Wrightington Main Switchboard: 01942 244000

Wrightington Inpatient Physiotherapy: 01257 256307

Wrightington Outpatient Physiotherapy: 01257 256305

Wrightington Outpatients: 01257 256295

Please use this space to write any notes or reminders

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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Call 111 first when it's less urgent than 999.



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