Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Safety Guide to Elbow Crutches and Gutter Crutches

Version number: **8**
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Safety Guide for Elbow Crutches and Gutter Crutches

Patient Information

Therapy Services

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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:
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



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