



# Elbow Support Crutches

## INSTALLATION & SAFE USE GUIDE

These instructions are to be used in conjunction with the information that your Occupational Therapist has already discussed with you.

### What Are Crutches Used For?

- Crutches provide support to assist people who have difficulty walking due to balance problems, pain or injury.
- The choice of either elbow support or under-arm crutches depends upon a person's abilities and personal requirements. You should be advised by a Physiotherapist.

### To Fit

- The crutches should be adjusted to a height to allow the user to walk with safety and the cuff can be adjusted to a comfortable length. Your Physiotherapist can advise you.
- The length can be adjusted by either a push button or butterfly nut to set the appropriate notch height.

### How To Use Crutches

- Ask your Doctor or Physiotherapist how much weight you can put through your sore leg.
- To help with walking, your Physiotherapist will give you advice on how to walk with crutches; how to stand up and sit down; how to get up and down stairs.
- If you are not allowed to bear weight on your sore leg, keep it off the ground.
- If you are only allowed to take partial weight, take some weight through your foot and the rest through the crutches.



### PRECAUTIONS & SAFETY

- For safety, have someone help you until you have gained your balance, mobility and confidence.
- Walk at a safe, comfortable pace and do not turn too quickly.
- Be careful when walking over uneven or wet ground.
- Wear well fitting, comfortable flat shoes with non-slip soles.
- After adjusting the length, check that all adjustment buttons are fully secure.

### TO BE USED AS PER THE MANUFACTURERS WEIGHT RECOMMENDATIONS

### MAINTENANCE & CLEANING

- Keep rubber tips in good condition and attached securely.
- To clean – wipe with a mild detergent.
- If the equipment appears damaged, **DO NOT USE**. It may require replacing.

For further information, contact your Physiotherapist.

**Additional options:** Replacement stoppers & Skis.