

Instructions for the use of elbow crutches

Weight bearing

Walking with crutches



1) Put the crutches in front of you.

2) Step between the crutches with the affected leg.



3) Step forward with your good leg.

Walking stairs with crutches



Going down the stairs

1) Put the crutches on the lower step.

2) Move the affected leg between the crutches.

3) Bring your good leg next to the affected leg.



Going up the stairs

1) Put your good leg on the next step.

2) Put the crutches on the same step as your good leg and push yourself up.

3) Move the affected leg next to the good leg.

You can also use the handrail for support when walking up or down stairs.



Contact information

Physiotherapy outpatient clinic

Tel. 02 627 7561

Phone hours Monday to Friday 7.30 am–12 pm

The outpatient clinic is open from Monday to Thursday

7.30 am–3.30 pm and on Fridays 7.30 am–2.30 pm