

GETTING AROUND WITH YOUR CRUTCHES

Your surgeon has indicated that you will need to use crutches during your rehabilitation

- It is ideal to have your crutches prior to your surgery & have them correctly sized and to practice correct technique as shown to you by the physiotherapist
- Your physiotherapist will show you how to use the crutches: walking on stairs, getting in & out of a chair, and managing slopes. Your surgeon and physiotherapist will let you know if you are able to take weight through your affected side
- It is important that you get instructed in correct technique for your safety, and to promote good walking patterns, during your rehabilitation.

Please pick up your crutches from-

Anglesea Clinic Emergency Department
Gate 1
Cnr Thackeray & Anglesea Street
Hamilton
Ph 07 8580800

There is a charge of \$50.00 for your crutches. \$40.00 will be refunded on return of the crutches in good condition.

PLEASE take your ACC 45 Claim number with you.

Walking

Crutches First

Then Affected leg

The physio will indicate how much weight is allowed

Then step through with unaffected leg

Stairs

Going Up

Good leg

Crutches

Affected leg

Going Down

Crutches

Affected leg

Good leg