

Crutches and walking frames

This leaflet explains how to use crutches and a walking frame safely. If you have any questions or concerns, please speak to the doctor or nurse caring for your child.

The doctor or nurse looking after your child will adjust the crutches or walking frame to the right height. They will also teach your child the basics of moving around with the crutches or walking frame.

Being able to put weight on the leg (weight bearing)

You will be told if your child is:

- weight bearing, which means they can put weight through the injured leg
- partial weight bearing, which means they can use their tip-toes to take some weight through the injured leg
- non weight bearing, which means they cannot use the injured leg at all

Do

- take small narrow steps
- go slowly
- wear a trainer or shoe with good grip on the non-injured foot
- consider wearing fingerless gloves if your child's hands start getting sore

Don't

- take big, wide steps
- try to move too quickly
- use crutches or walking frames to go up or down stairs
- sit down without removing arms from crutches

NHS 111

NHS 111 is a telephone service that offers support and advice 24 hours a day. Please call 111 if you have concerns about your child's health. A fully trained advisor will direct you to appropriate resources or services.

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A list of sources is available on request

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