

# Crutches at Home

This leaflet provides information about going home with crutches. If you have any further questions or concerns, please speak to the staff member in charge of your child's care.

## Crutches at school

- **Telephone School** – Ask your child's school to complete a formal risk assessment prior to their return to school. Let school know that your child will be coming in on crutches.
- **Lift Pass** – Ask the school about being able to use the school lift. This will help with managing your child's fatigue or tiredness in between classes.
- **Supportive shoes** – If necessary, tell school that your child needs to wear trainers or supportive shoes with their crutches. This will help your child's walking pattern with the crutches.
- **Class Pass** – Ask the school about leaving classes 5-10 minutes early to avoid the rush in the corridors. This will help your child to focus on walking and reduce the risk of trips / falls.
- **The Buddy System** – Find a friend or teacher who can help your child to carry bags between classes. This means your child can focus on using the crutches and reduce the risk of trips / falls.

## Crutches at home

- **Shoes** – Make sure your child is wearing supportive shoes to avoid slipping. Crocs, sliders or flip flops are not advised.
- **Loose clothes** – if your child has a cast or dressing in situ loose clothes will be more comfortable and easier to get on and off. Make sure your child is dressing the affected leg first and undressing the affected leg last.

## Getting out and about with crutches

- For outdoor mobility and longer distances a wheelchair might be necessary to prevent fatigue.
- The red cross website can provide more information regarding wheelchair hire.
- It is important for short distances and all transfers to mobilise with the crutches to help keep muscles strong and prevent your child becoming dependent on the wheelchair

## Safety

- Check the ferrules on the bottom of each crutch for any wear and tear – if you notice wear and tear please contact the department on the details below.

## Washing

- **Keeping the dressing / cast dry** – Your child must avoid the dressing or cast getting wet.
- Instead of a shower or bath, a strip wash sitting on a stool at the sink might be necessary to reduce the risk of trips or falls.
- A limbo cast cover can also be considered and be purchased online to avoid the dressing or cast getting wet.

## Contact us

If you have any questions or concerns about going home on crutches, please contact the paediatric physiotherapy department on 020 8672 1165 (Monday to Friday, 8:30am to 4:30pm). Out of hours please liaise with nursing staff to handover to physiotherapy.

If your crutches become damaged, please contact the paediatric physiotherapy department on 020 8672 1165 (Monday to Friday, 8:30am to 4:30pm). Out of hours please liaise with nursing staff to handover to physiotherapy.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

## **NHS UK**

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

## **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## **AccessAble**

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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