

## Minor Injuries Units

### North Dorset:

#### **Blandford Community Hospital**

Milldown Road, Blandford DT11 7DD

Telephone: **01258 394032**

#### **Westminster Memorial Hospital**

Magdelene Lane, Shaftesbury SP7 8BD

Telephone: **01747 475251**

#### **Yeatman Community Hospital**

Hospital Lane, Sherborne DT9 3JU

Telephone: **01935 813991**

### South West Dorset:

#### **Bridport Community Hospital**

Hospital Lane, Bridport DT6 5DR

Telephone: **01308 426245**

#### **Lyme Regis Medical Centre**

Uplyme Road, Lyme Regis DT7 3LS

Telephone: **01297 445777**

#### **Portland Community Hospital**

Castle Road, Portland DT5 1AX

Telephone: **01305 860111**

#### **Weymouth Community Hospital**

Melcombe Avenue, Weymouth DT4 7TB

Telephone: **01305 762545**

### South and East Dorset:

#### **St. Leonard's Community Hospital**

Local Treatment Centre (out of hours)

241 Ringwood Road, Ringwood BH24 2RR

6.30 pm–10.30 pm Monday–Friday,

8 am–8 pm Sat, Sunday and bank holidays.

Telephone **111** for an appointment.

#### **Swanage Hospital**

Queens Road, Swanage BH19 2ES

Telephone: **01929 475009**

#### **Victoria Hospital**

Victoria Road, Wimborne BH21 1ER

Telephone: **01202 856410**

## Emergency Departments

#### **Dorset County Hospital**

Williams Avenue, Dorchester, DT1 2JY

Telephone: **01305 251150**

#### **Poole General Hospital**

Longfleet Road, Poole, BH15 2JB

Telephone: **01202 665511**

#### **Royal Bournemouth Hospital**

Castle Lane East, Bournemouth, BH7 7DW

Telephone: **01202 704167**

#### **Salisbury Hospital**

Odstock Road, Salisbury, SP2 8BJ

Telephone: **01722 336262**

#### **Yeovil District Hospital**

Higher Kingston, Yeovil, BA21 4AT

Telephone: **01935 475122**

Please read this leaflet carefully. If there is anything you do not understand or if you require further information, please contact your nearest Minor Injuries Unit or Urgent Care Centre.

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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**Dorset HealthCare  
University**

NHS Foundation Trust

## Minor Injuries Unit

### Advice on using crutches



**Dorset HealthCare University NHS Foundation Trust**

Sentinel House

4–6 Nuffield Road

Poole, Dorset

BH17 0RB

☎ 01202 277000

🐦 @DorsetHealth

🌐 www.dorsethealthcare.nhs.uk

**Information  
for patients,  
relatives and carers**

**Excellence  
Compassion  
Expertise**

## Non weight-bearing (NWB)

**This means that you should not put any weight on your affected leg.**

- Keep your affected leg off the ground by holding your knee slightly bent.
- Place both of your crutches one step in front of you, level with each other.
- Move your body forwards between the crutches, supporting your body weight through your hands and good leg, to bring your body level with the crutches once again.



## Partial weight-bearing (PWB)

**This means that you can put some weight on your affected leg; you will be advised how much by the medical professional you see.**

- Try to walk as normally as possible with your whole foot touching the floor. The amount of weight you put through your foot will vary.
- Place both of your crutches one step in front of you, level with each other.



- Put your injured leg on the ground, slightly behind the crutches.
- Step through with your unaffected leg while taking some of your weight through your hands and some through your injured leg.

## Standing and sitting

- To stand up with the crutches, it is important that you do not put your hands inside the grey cuff part until you are fully standing. This may cause you to injure your elbow or shoulder. Instead, put one hand on both crutch handles (making an 'H' shape with the hand grips) and one hand on the arm of the chair/bed that you are standing from. Push yourself up to stand.
- Once you are standing, you can place your hands inside the grey cuff.
- When you come to sit down again, remember to remove your arms from the cuff before sitting. Make sure that the chair or place you want to sit is lined up right behind you. Put both of the crutches together to make the 'H' shape to support you as you sit. Slowly lower yourself to the seat.



## For your safety

- Do not use crutches on the stairs.
- We advise that you go up and down the stairs on your bottom.
- Remove loose rugs and other obstacles to prevent tripping.
- Check crutches for signs of wear and tear. If the rubber base becomes thin, return them to your nearest minor injuries unit.
- When your injury gets better, please return your crutches to your nearest minor injuries unit as other patients will need to use them after you.

## Further information

If you have any general questions or need advice quickly, contact NHS 111 or log on to [www.nhs.uk/111](http://www.nhs.uk/111)

If you are concerned, please contact your nearest minor injuries unit for advice. The contact details are on the back of this leaflet.

You may also contact your Doctor during normal surgery hours. If the call to your Doctor is urgent and outside the normal surgery hours of 8.00am to 6.30pm, your surgery will redirect you to the appropriate out of hours service or advise you to call the NHS 111 number.

In an emergency, dial **999**.