



The official fundraising arm of the  
Royal Alexandra Children's Hospital.

Our aim is to provide information that will help you understand  
your child's injury and enable the appropriate after-care.

There are lots of useful injury leaflets to download at the Royal  
Alexandra website; use the QR code below or follow the link:  
*[theroyalalex.co.uk/clinical-services/aande/](http://theroyalalex.co.uk/clinical-services/aande/)*



**Useful numbers:**

NHS 111 - 24hr advice line  
Practice Plus (Brighton walk-in center/GP service)  
0333 321 0946  
8am/8pm - 7 days a week



Disclaimer: The information in this leaflet is for guidance purposes only and is in no way  
intended to replace professional clinical advice by a qualified practitioner.  
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Brighton and Sussex   
University Hospitals  
NHS Trust

the  
alex

Children's Emergency Department



**Walker boots and crutches**

Information for parents, carers & relatives

## Walker boots

Walker boots are ideal for anyone with an ankle or foot injury. This type of splint temporarily immobilizes and supports the ankle or foot during the acute and painful phase of the injury, enabling you to get about more easily.

It is important that you wear the boot for the length of time specified by the clinician but, in some cases it is ok to remove the boot for short periods of time when you're at home. If so, you can try walking without the boot a few steps at a time gradually increasing the distance if you're able.

In most circumstances the walker boot can be removed allowing you to wash and dress normally.



Detailed instructions on how to fit your boot can be found on the **Brighton Virtual Fracture Clinic** website. Use the QR code opposite or follow the link below.

[fracturecare.co.uk/general-advice/fitting-your-boot/](https://fracturecare.co.uk/general-advice/fitting-your-boot/)

## Crutches

If you've sustained an injury to a lower limb, you may have been given crutches to help you mobilise. The clinician will size and fit these correctly for you.

Sometimes, when you begin to use your crutches, you may find that your arms and chest ache for a while. When you no longer need your crutches you can return them to the Children's Emergency Department or the Children's fracture clinic on level 5 here in The Royal Alex Children's Hospital.

Crutches must be used safely, especially when going up and down stairs; **it is important you watch the 'Using your crutches'** video which can be found on the Brighton Virtual fracture Clinic website.



Use the QR code opposite or follow the link below to view the video.

[fracturecare.co.uk/general-advice/using-your-crutches/](https://fracturecare.co.uk/general-advice/using-your-crutches/)

