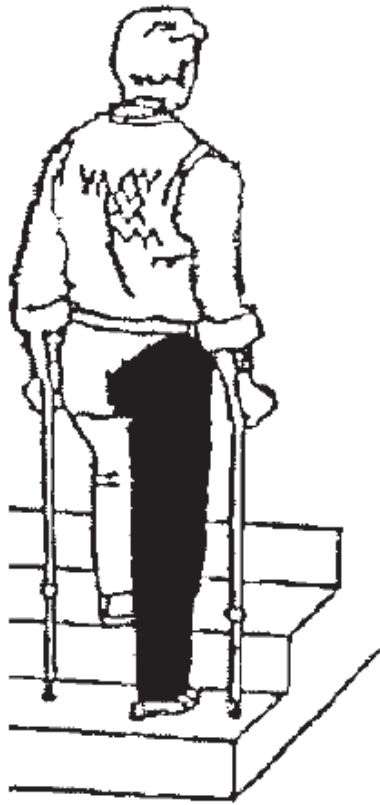


## PATIENT INFORMATION

# STEPS & STAIRS USING CRUTCHES OR STICKS



## GOING UPSTAIRS



### Going Up:

Good leg → Operated Leg → Crutches

(Shaded leg = operated leg)

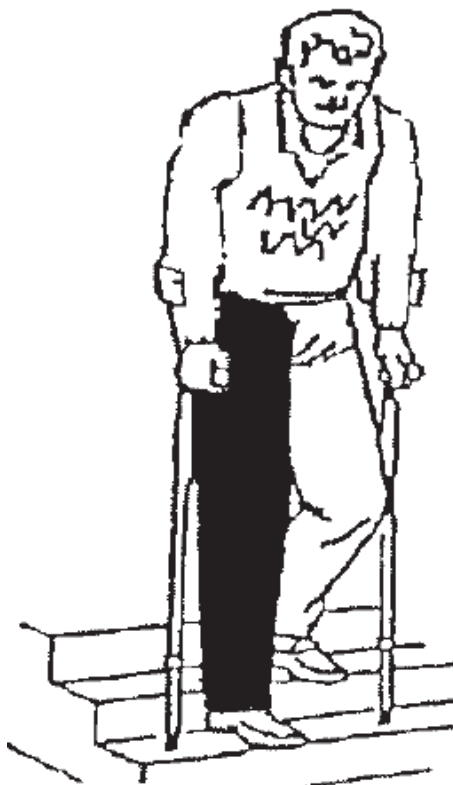
(Some prefer to bring crutches and operated leg up together)

These instructions also apply when using sticks.



If using a banister or grab rail form a 'T' shape with the crutches in one hand.

## GOING DOWNSTAIRS



### Going Down:

Crutches → Operated Leg → Good leg

(Shaded leg = operated leg)

These instructions also apply when using sticks.

If using a banister or grab rail form a 'T' shape with the crutches in one hand.

If you have any queries about this information, please contact the Physiotherapy Department at the hospital where you had your treatment between 8.30am and 4.30pm, Monday to Friday on the direct dial numbers below:-

Worcestershire Royal Hospital  
01905 760622 / 760187

Alexandra Hospital, Redditch  
01527 512114

Kidderminster Hospital & Treatment Centre  
01562 513066

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.