



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:  
[bsuh.nhs.uk/alex/services/accident-and-emergency/](https://bsuh.nhs.uk/alex/services/accident-and-emergency/)



**Useful numbers:**

NHS 111 - 24hr advice line

Practice Plus (Brighton walk-in Centre) 0333 321 0946

Practice Plus GP - 0300 130 3333

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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University Hospitals Sussex  
NHS Foundation Trust

the  
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Children's Emergency Department



Walker boots and crutches

Information for parents, carers & relatives

## Walker boots

Walker boots are used for children with an ankle or foot injury. They are a type of splint that temporarily immobilizes and supports the ankle or foot during the acute and painful phase of the injury, enabling your child to get about more easily.

It is important that your child wears the boot for the length of time specified by your child's nurse practitioner or doctor.

In some cases they will tell your child it is ok to remove the boot for short periods of time when your child is at home. They can try walking without the boot a few steps at a time gradually increasing the distance as they're able.

In most circumstances the walker boot can be removed for washing and dressing.

When your child no longer needs their walker boot, it can be disposed of in the rubbish bin.



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 your child has injured their leg they may have been given crutches to help them mobilise. The Children's Emergency Department (CED) nurse practitioner or healthcare assistant will size and fit these correctly for your child.

Sometimes, when children begin to use their crutches, they may find that their arms and chest ache for a while. This is normal and will go away as your child gets used to using the crutches.

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

When your child no longer needs their crutches you can return them to the CED or the Children's fracture clinic on level 5 here in The Royal Alex Children's Hospital.



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/)

