

# 5 of the best

## smart crutches

Using crutches – whether due to chronic disease or injury – can be painful, because the entire weight of the body is exerted on the shoulders, wrists and hands for a prolonged period. But luckily there is a host of next-generation crutches on the market, promising to make daily activities easier. Here are five that may help you get moving with less discomfort.

1

### Smartcrutch, £69.99

Fully customisable crutches that come with 360-degree mobility, adjustable length and cushioned arm support.

[www.smartcrutch.com](http://www.smartcrutch.com)



2

### iWALK Free hands-free crutch, £299

For those in good health but who cannot use their leg due to injury, this crutch eliminates the need to hold on to handles at all.

[www.peglegs.co.uk](http://www.peglegs.co.uk)



3

### Shock absorbing crutches £37.28

Patented shock-absorbing system (using technology similar to car suspension) and adjustable height reduces joint strain.

[www.1800wheelchair.co.uk](http://www.1800wheelchair.co.uk)

4

### Crutch pad, £16.99

Made of high-density polyurethane foam and coated with a layer of elastic memory foam to mould perfectly to hands on any crutch model.

[www.essentialaids.com](http://www.essentialaids.com)



5

### Arthritic Crutch, £101.50

Bodyweight is supported via a cushioned handle that rotates sideways, backwards and forwards for ease of movement.

[www.betterlife](http://www.betterlife)

