

Step-by-Step: Sitting with Crutches (Non-Weight Bearing)

Sitting with Crutches (Non-Weight Bearing). Stand in front of the chair, balancing on your crutches. Straighten your uninjured leg.

Step back with your uninjured leg until it touches the edge of the chair. Put both of your crutches in one hand.

With your empty hand, reach back and grab the chair for balance. Gently sit back into the chair.

The contents of this video/website are for information purposes only. Nothing contained in this video/website is intended to substitute for medical advice, diagnosis, or treatment. If you have any healthcare related concerns or questions, you should seek the advice of your physician or other qualified healthcare providers. You should never disregard or discount the importance of professional medical advice because of something you have read or seen on this video/website. You should never delay seeking treatment or advice for a medical condition because of something you have read or seen on this video/website.