

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

Sitting with Crutches (Weight Bearing). Stand directly in front of a chair with your back facing it.

Straighten your uninjured leg, making sure the back of it is hitting the chair. Place both crutches in the hand next to your injured leg.

Place your empty hand on the chair behind you for balance and start to gently sit in the chair. Fully sit back into the chair.

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