

Step-by-Step: Standing Up with Crutches (Non-Weight Bearing)

Standing Up with Crutches (Non-Weight Bearing).

Place both crutches in one hand and place the other hand on your chair.

Slide forward to the edge of the chair. Push up to stand on your uninjured leg using the hand on your chair for support.

Once fully standing, place each crutch under one arm. Begin walking on your crutches.