

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

Standing Up with Crutches (Weight Bearing).

Place both of your crutches into the hand on the same side as your injured leg.

Place your empty hand onto the side of the chair.

Move your bottom forward to the edge of the chair. Using your hand, holding the chair for balance, push yourself to a standing position on the uninjured leg.

Place your crutches under each of your arms. Begin to move forward.