

Step-by-Step: Using Crutches with Step Through (Weight Bearing)

Using Crutches with Step Through (Weight Bearing).

Place the bottom of your crutches on the ground about one foot in front of you.

Step your injured leg forward and plant it between your crutches.

Step your uninjured leg forward and plant it in front of your other leg and crutches. Repeat these steps to keep moving forward.