

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

Using Crutches with Step To (Weight Bearing). Place the bottom of your crutches on the ground about one foot in front of you.

Step your injured foot forward between your crutches. Lean forward and put weight down on both your crutches and injured leg.

Step your other leg forward and place it next to your injured foot. Repeat steps one through three to keep moving forward.

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