

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

Using Crutches with Swing Through (Non-Weight Bearing).

Hold your injured leg in the air and balance on your other leg.

Lift and place the bottom of the crutches about one foot in front of you.

Lift your uninjured leg from the floor and gently swing it forward until it lands in front of where your crutches are planted.

Repeat steps one and two continuously to keep moving forward.