

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

Using Crutches with Swing To (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 between the crutches.

Repeat steps one and two continuously to keep moving forward.