# Video HealthSheets™



# Step-by-Step: Sitting with a Walker (Non-Weight Bearing)

Here are the steps for sitting with a walker when you can't put weight on your leg or foot.

# To watch the video:

#### Scan the QR code

Using your mobile device, scan the following code:



# **OR**

Go to the website:

#### www.kramesvideo.com

Enter the prescription code:

# **21S**

© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions

This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.