

## Video HealthSheets™



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

Here is how to safely stand up using a walker.

### To watch the video:

#### Scan the QR code

Using your mobile device, scan the following code:



### OR

Go to the website:

**[www.kramesvideo.com](http://www.kramesvideo.com)**

Enter the prescription code:

**B4K**

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