# Video HealthSheets™



## **Step-by-Step: Sitting with Crutches (Non-Weight Bearing)**

Here is how to safely sit down using crutches.

## 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:

#### **TBX**

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