

## Video HealthSheets™



### Step-by-Step: Standing with Crutches (Weight Bearing)

Here are the steps for standing with crutches, when you are able to put weight on your 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](http://www.kramesvideo.com)

Enter the prescription code:

**LZQ**

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