

Video HealthSheets™



How to Use Crutches on Stairs, Through Doorways, and In and Out of Cars

This video shows you how to use your crutches to go up and down stairs, how to move through a doorway, and how to get in and out of a motor vehicle.

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:

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