



Crutch Education: Sit to Stand Part 1

Scoot yourself to the very edge of the chair

Keep your uninjured foot behind your knee for optimal support.

Keep the injured foot out in front of you, do not put pressure on this leg.

Holding the crutches in one hand, grab the armrest or the side of the chair with the other hand.



Crutch Education: Sit to Stand Part 2

Push yourself up with your hand on the armrest and your uninjured leg, until you are upright.

Make sure you don't put pressure down onto your injured leg.



Crutch Education: Sit to Stand Part 3

Once upright, maintain your balance on your uninjured leg while bringing both crutches back underneath the arms.



Crutch Education: Sitting Down Part 1

Back up until the chair is right behind you.

Hold both the crutches in the hand on the side of your injured leg.

Make sure you don't put pressure down through your injured leg.



Crutch Education: Sitting Down Part 2

Looking behind you at the chair, grab the armrest or the side of the chair with your free hand.

Use the armrest or chair along with crutches for support.

Place your injured leg in front so you don't put pressure onto it.

Crutch Education: Sitting Down Part 3

Lower yourself onto the front of the chair, then slide back.

