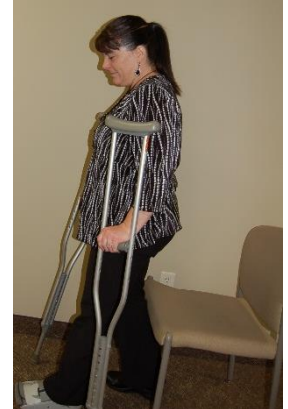


Sit to Stand with Crutches



1. Bring yourself forward to edge of the chair.
2. Place good leg underneath chair, you will use this leg to help push you to standing position.
3. Place both crutches on together.
4. One hand will go on surface you are sitting on and one will go on hand grips of crutches.
5. When you are ready, stand, use good leg and both arms to bring yourself to a standing position.
6. Once standing, transfer crutches to appropriate position (under arm pits).

****Reverse this process to sit down**

Questions please contact Northwoods Therapy Associates

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