

To access a video demonstrating weight bearing as tolerated with crutches please follow these instructions:

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Access Code: **E7NBD9XC**

TWO WAYS TO ACCESS



Use the MedbridgeGO app

Access your home exercise program with our mobile app for iOS and Android.

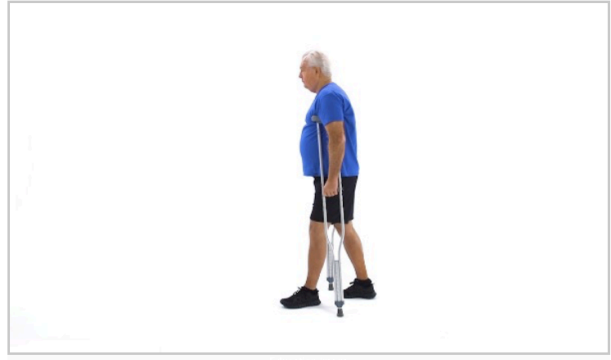
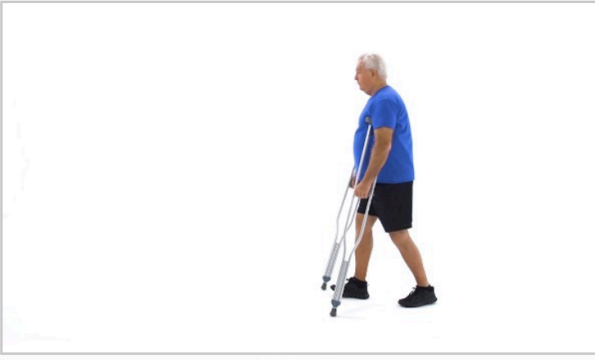
- ▶ Search The App Store or Google Play for "**MedbridgeGO**".



Open in your browser

To access your home exercise programs.

Walking with Crutches: 3 Point Weight-Bearing - Step Through



- When you stand or walk, place as much weight on your affected leg as is comfortable.
- Slowly bring both crutches forward, placing your involved foot in the middle of the crutches.
- You are weight bearing as tolerated at this point in your recovery. Meaning: you can place as much weight on your involved foot as you can comfortably tolerate while walking.
- Step forward with your other foot past the crutches. Repeat this pattern to move forward.
- Be sure to confirm with the surgical staff if you are required to use a CAM boot while walking or if you are able to come out of the boot.