

## **Stand up and walk: without assistance**

If he is going to walk

he should put the crutch and his feet in proper positions beforehand

"Again, the knees and toes should be in a straight line"

Put the hand of the strong side on the armrest

"Shift weight forward, then stand up and hold the crutch"

Keep the back straight when walking

Look forward. If he has good coordination and strong lower limb power  
he can move his crutch

"at the same time with the weak leg. Then, follow with the strong leg"

Another way is to move the crutch one step forward

then start walking with the weak leg

"and follow with the strong leg, and so on"