

Shot number	Suggested video shot	Voice Over (Narration)	Text on screen (optional)
1	Mimics voice over	Underarm supports should stand 2 inches below the armpit	Show distance with arrows and length in inches
2	Mimics voice over	Adjust the handgrip so the elbow bends a little	
3	Mimics voice over	Use the bolts and wing nuts to adjust the height	
4	Transition Slide to next section: How to stand up with crutches		
5	Mimics voice over	With your good foot flat on the floor, place both crutches in one hand, and place the other hand on the seat or armrest	
6	Mimics voice over	Caregivers stand next to your child, not in front. Place your hands around your child under the outside of his/her shoulder blades. If needed, give them support as they stand up. Do not pull them by their hands/arms.	
7	Mimics voice over	Slide your bottom to the edge of the seat.	
8	Mimics voice over	Leaning slightly forward, put your weight through your hands and good leg and foot, and then stand.	
9	Mimics voice over	Caregivers, keep your hands on their shoulder blades if they need help to stay balanced and steady.	
10	Transition Slide to next section: How to walk with crutches		
11	Mimics voice over	Place the tips of the crutches about 3 to 4 inches in front of you	Show distance with arrows and length in inches
12	Mimics voice over	Balance on your good leg and put some weight through your sore leg. Your doctor will tell you how much weight you can apply.	
13	Mimics voice over	Push your weight into the handgrips and step up to the crutches with your good leg.	
14	Mimics voice over	Caregivers, walk next to your child at a close distance.	
15	Mimics voice over	As they learn to walk with the crutches, they may be unsteady or uncoordinated at first. If they are, have one hand around their back keeping out of the way of their arms and crutches.	they may be unsteady or uncoordinated at first
16	Show parent helping an unsteady child	Keep a close eye on them in case they start to lose their balance and need you to help steady them.	
17		Make sure they are not walking too quickly or taking too big of a step as they are learning.	Make sure they are not walking too quickly or taking too big of a step as they are learning.
18			
19			
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