

Shot number	Suggested video shot	Voice Over (Narration)	Text on screen (optional)
1		Bring crutches close to the step and push through the handgrips	
2		Caregivers, stand behind and slightly to one side of your child. Place one hand on his or her back. Stay close.	
3		Place some weight on your sore leg. Your doctor can tell you how much weight you can apply.	
4		Place your good foot on the next step and straighten, bringing your sore leg up with it.	
5		Bring up crutches, place close to the next step and repeat.	
6		Caregivers step up with your child on each step after they have completed the step up staying close.	
7	Transition to next section: How to go down with crutches		
8		Bring crutches down to step below.	
9		Caregivers stand on the step below the one your child is about to step down on. Do not stand directly in front of your child, rather to the side.	
10		Have one hand on your child's back and one hand hovering in front of your child's chest. Do not get your hands in the way of the crutches. Stay close.	
11		Lower your sore leg between the crutches and place some weight on your sore leg. Your doctor will tell you how much weight you can apply.	
12		Lean slightly forward.	
13		Step down with your good leg, putting weight on the handgrips.	
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