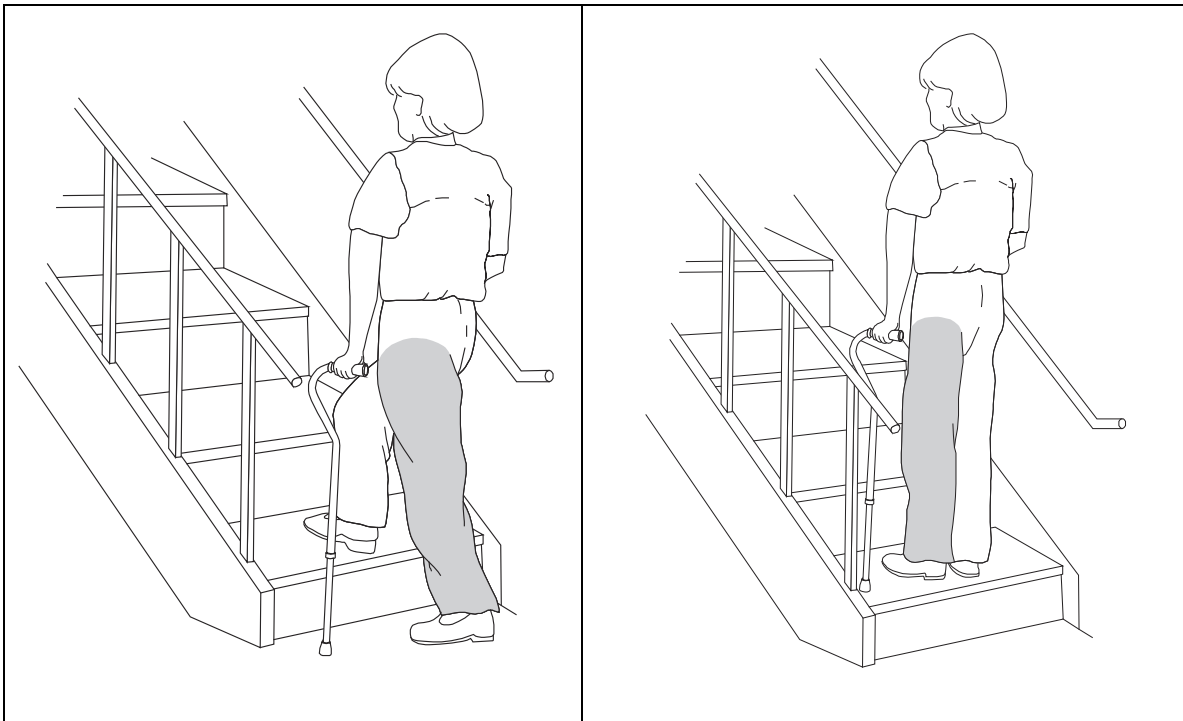


Safe stair climbing with a cane

Your therapist will show you how to climb stairs safely.

Going up steps with a handrail - the good leg steps up first

1. Face the step with cane in the hand away from the handrail.
2. Stand close to the step.
3. Put your free hand on the handrail, then either:
 - leave the cane on the same step as the affected leg, or
 - your therapist may wish you to put the cane up on the next step.
4. Put your weight on the handrail and the cane.
5. Step up with your good leg.
6. Straighten your good leg and bring the affected leg up to the same step.



Step up with the good leg.

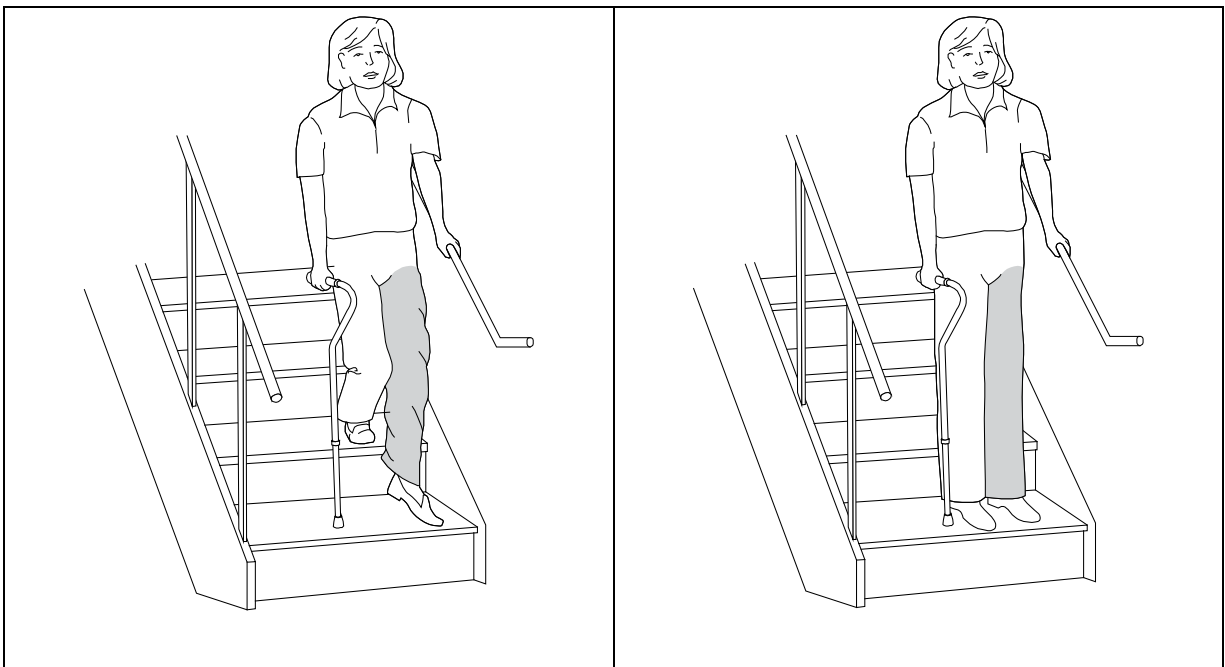
**Cane and affected leg
move up next.**

Shaded leg is the affected leg (operated/injured/weak).

please turn over →

Going down with a handrail - the cane and the affected leg go down first

1. Face the step with the cane in the hand away from the handrail.
2. Stand close to the edge.
3. Put your free hand on the handrail.
4. Put cane in the middle of the next lower step followed carefully by the affected leg.
5. Step down with the good leg.



**Cane and affected leg
move to same step.**

**Step down with the
good leg.**

Shaded leg is the affected leg.

Your therapist will practice stairs with you before you go home.

When you are first home have someone with you when you do the stairs – that person should follow close behind you on the way up and should be one step below you on the way down.