



## Climbing Stairs with a Cane

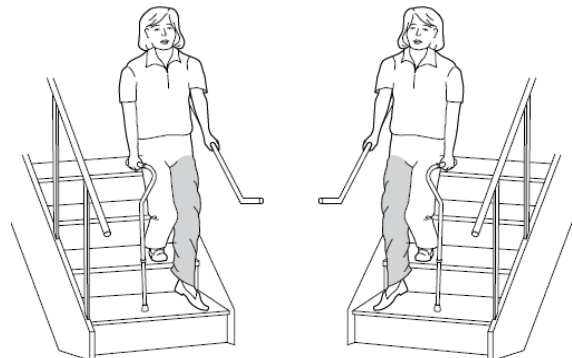
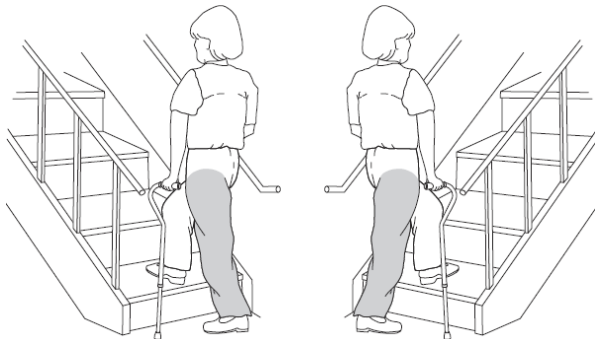
Follow the steps listed below when you climb stairs using a cane.

### Going up:

1. Hold your cane in your \_\_\_\_\_ hand. Hold the handrail in your \_\_\_\_\_ hand.
2. Put your feet close to the bottom of the step.
3. Lift your \_\_\_\_\_ foot up to the next step.
4. Push down on the cane while you lift your \_\_\_\_\_ foot up to the next step.
5. When both feet are on the same step bring the cane up.
6. Repeat steps 1-5.

### Going down:

1. Hold your cane in your \_\_\_\_\_ hand. Hold the handrail in your \_\_\_\_\_ hand.
2. Put your feet close to the edge of the step.
3. Put the cane down on the next step.
4. Lean on the cane. Bend your \_\_\_\_\_ knee. Move your \_\_\_\_\_ foot down to the next step.
5. Move your \_\_\_\_\_ foot down to the next step.
6. Repeat steps 1-5.



### Helpful Hints:

- Remember this rule: “Up with the good, down with the bad.” This means:
  - To go up stairs:
    - start by moving your good leg up
    - then move your weaker leg up
    - then move your cane up last
  - To go down the stairs, you do the opposite:
    - start by moving your cane down
    - then move your weaker leg down
    - then move your good leg down last
  - The same rules apply for stepping on and off curbs
- If there is only a handrail on one side of the steps, hold the handrail in one hand and your cane in the other. Follow the steps in the correct order.