

Climbing Stairs with Crutches

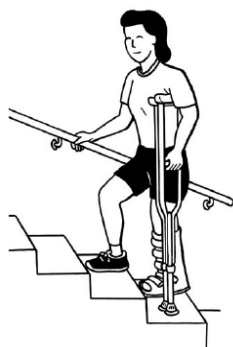
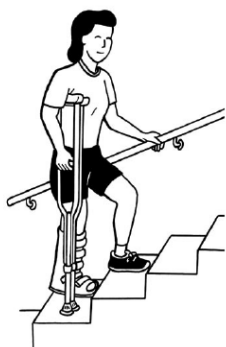
Follow the steps listed below when you climb stairs using crutches.

Going up:

1. Hold your crutch(es) 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 crutch(es) while you lift your _____ foot up to the next step.
5. When both feet are on the same step bring the crutch(es) up.
6. Repeat steps 1-5.

Going down:

1. Hold your crutch(es) in your _____ hand. Hold the handrail in your _____ hand.
2. Put your feet close to the edge of the step.
3. Put the crutch(es) down on the next step.
4. Lean on the crutch(es). 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 crutch(es) up last
 - To go down the stairs, you do the opposite:
 - start by moving your crutch(es) 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 crutch(es) in the other. Follow the steps in the correct order.