



Department of Physical Therapy

## How to Go Up and Down Steps (Crutch and Railing)

Your surgeon has decided how much weight you can safely put on your affected leg. To make sure that you do not place more weight on that leg than instructed, please follow these instructions.

**“Up with the good, down with the bad”** is the easiest way to recall how to climb stairs with your crutch. Remember that your “bad” (or affected) leg is the one that you had surgery on.

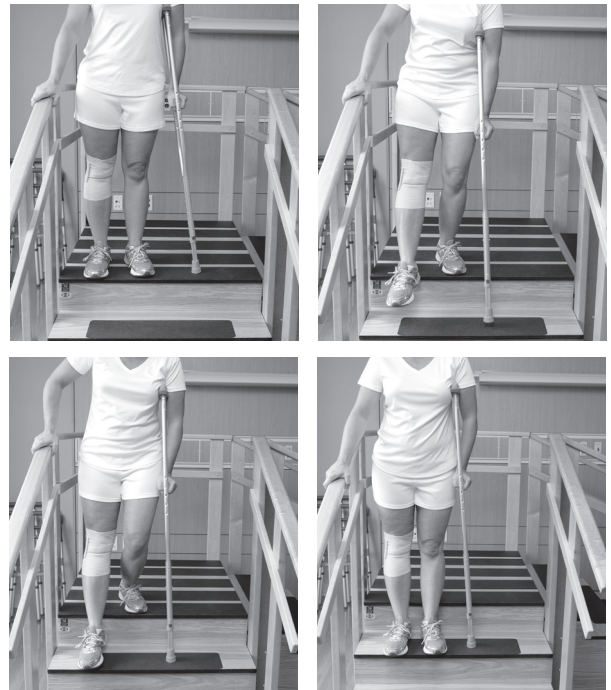
### Going Up

- Stand close to the bottom step.
- With one hand on the railing and the other hand on the handgrip of the crutch, push down on the railing and the crutch handgrip.
- Support your body weight on your hands. NEVER lean on the arm pad of your crutch. Doing so could damage the nerves and blood vessels under your arms.
- Step up with the non-affected leg first. Do not place more weight on your affected leg than instructed.
- Use your non-affected leg to lift the rest of your body and the crutch up the step.



### Going Down

- Stand close to the edge of the top step.
- With one hand on the railing and the other hand on the handgrip of the crutch, move the crutch down to the first step.
- Push down on the railing and the crutch handgrip. Support your body weight on your hands. NEVER lean on the arm pad of your crutch. Doing so could damage the nerves and blood vessels under your arms.
- Step down to the first step with your affected leg. Do not place more weight on your affected leg than instructed.
- Continue to support your body weight on your hands.
- Step down with your non-affected leg.



Your Care Partner should be behind you as you go up the steps and in front of you as you go down the steps.

If you have any questions about this information, please call **(864) 797-1201**.