



Department of Physical Therapy

How to Go Up and Down Steps (No Weight Bearing)

Your surgeon has decided that for proper healing to take place, you must not place any weight on your affected leg. Please follow the instructions below for going up and down the stairs.

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

Going Up

- Stand close to the bottom step.
- Push down on the handgrips. Squeeze the crutch pads between your arms and your ribs.
- Support your body weight on your hands—not under your arms. NEVER lean on the arm pads of your crutches. Doing so could damage the nerves and blood vessels under your arms.
- Step up with the non-affected leg first without letting the affected leg touch the step. Do not place any weight on your affected leg.
- Use your non-affected leg to lift your body and the crutches up the step.



Going Down

- Stand close to the edge of the top step.
- Move crutches down to the first step.
- Push down on the handgrips. Squeeze the crutch pads between your arms and your ribs. NEVER lean on the arm pads of your crutches. Doing so could damage the nerves and blood vessels under your arms.
- Hold your affected leg in front of you without letting the affected leg touch the step. Support your body weight on your hands and slowly bend your non-affected leg. Do not place any weight on your affected leg.
- Step down with the 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**.