

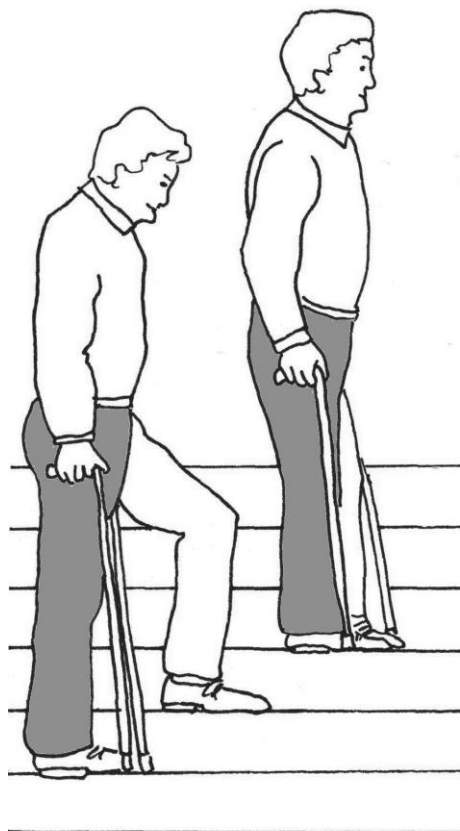
Patient information

Managing stairs and steps - full weight bearing (FWB)

This leaflet should **only** be used in conjunction with the advice and demonstration given by your Physiotherapist.

Ascending stairs and steps

1. Taking your weight on your walking aid, place your good (un-operated) leg onto the first step.
2. Push through your walking aid, and bring your bad (operated) leg up onto the same step.
3. Bring your walking aid up onto the same step.
4. Repeat the process.



Descending stairs and steps

1. Place your walking aid down onto first step.
2. Taking your weight through the walking aid, move your bad (operated) leg down onto the same step.
3. Bring your good (un-operated) leg down onto the same step.
4. Repeat the process.



Advice

- If there is a bannister or rail, please use it. Use your stick or crutch in your other hand.
- Get someone to carry your other stick or crutch up / down the stairs for you. Do not throw it down or up as it may be difficult to pick up afterwards.
- You may be able to carry your other stick or crutch up/down yourself by holding it horizontally in the same hand as the other one, so it forms a 'T' shape. Your physiotherapist can show you how.
- Ensure that there are no loose carpets on your stairs.
- Remove any clutter from the steps so you do not trip.
- Ensure that steps and stairs are well lit, particularly at night.
- It may be sensible to have someone with you the first time you attempt stairs or steps when you get home.