

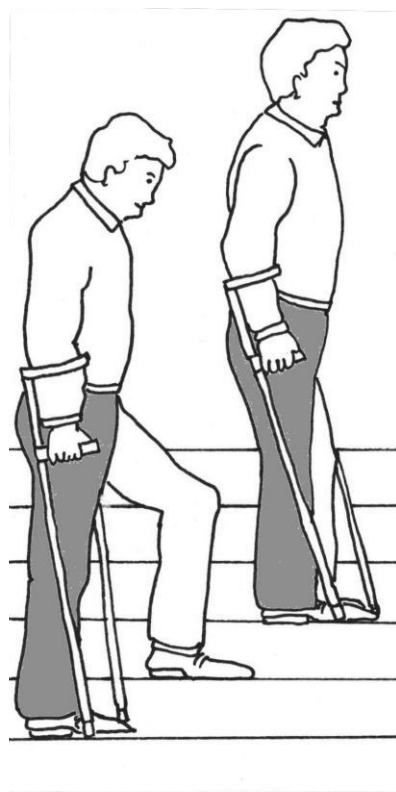
Patient information

Managing stairs and steps - partial weight bearing (PWB)

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

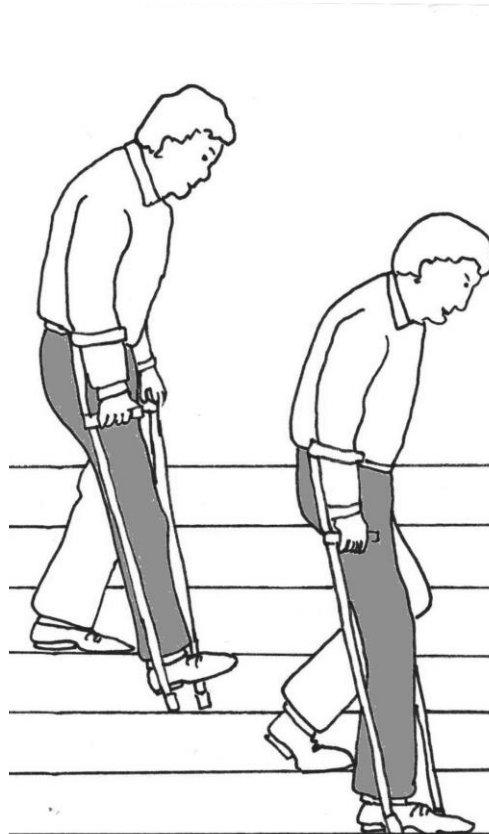
Ascending stairs and steps

1. Taking most of the weight through your walking aid and/or bannister, place your good (un-operated) leg onto the first step, taking care to maintain partial weight bearing.
2. Push through the 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 the walking aid down onto the first step.
2. Taking most of the weight through the walking aid and bannister, move your bad (operated) leg down onto the same step.
3. Bring your good (un-operated) leg down onto the same step, taking care to maintain partial weight bearing.
4. Repeat the process.



Advice

- If there is a bannister or rail, please use it. Use your crutch in your other hand.
- Remember to keep partial weight bearing on the stairs. Take some of your weight through your walking aid and / or bannister.
- Get someone to carry your other 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 crutch yourself by holding it horizontal in the same hand as the other one, so it forms a 'T' shape. Your physiotherapist can show you how.