

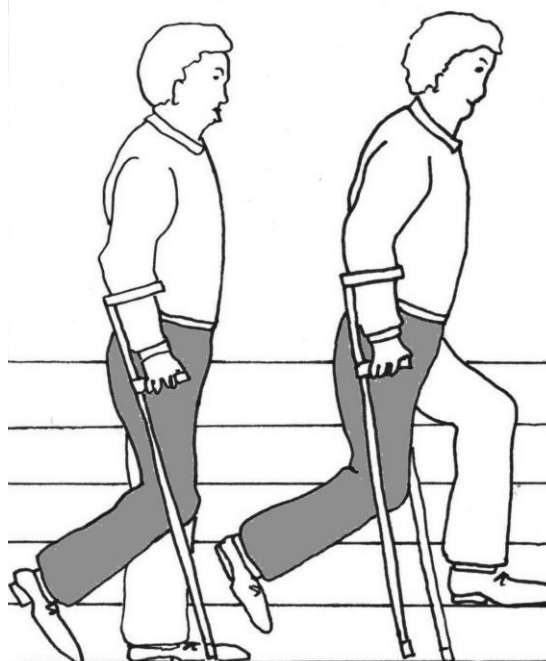
Patient information

Managing stairs and steps: non-weight bearing (NWB)

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

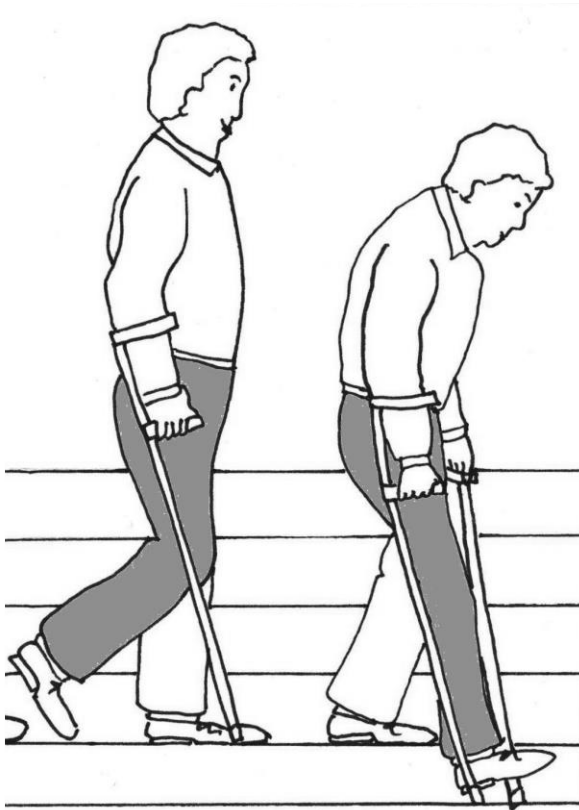
Ascending stairs and steps

1. Take your weight through your walking aid and / or bannister. Keep your bad leg out behind you.
2. Hop onto the first step with your good (un-operated) leg. Take care not to put weight on your bad leg.
3. Bring your walking aid up onto the same step.
4. Repeat steps 1 - 3.



Descending stairs and steps

1. Place your walking aid down onto the first step, keeping your bad (operated) leg out in front of you;
2. Take your weight through the walking aid, and lower your good (un-operated) leg down onto the same step.
3. Repeat steps 1 - 3.



Advice

- If there is a bannister or rail, please use it. Use your crutch in your other hand. If there are no bannisters/rails then use 2 crutches as taught by the therapist.
- Remember to keep non-weight bearing on the stairs. Take your weight through your crutch 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 up / down 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.
- 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.
- Hopping up and down stairs and steps can be quite tiring, so plan when you need to do them and give yourself plenty of time!

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