CRUTCH INSTRUCTIONS GOING UP/DOWN STEPS

WEIGHTBEARING

GOING UP STEPS

- You can hold both crutches under one arm or have someone carry one crutch for you.
- Hold crutch on one side and handrail on the opposite side.
- Press down on the handgrips of the crutch and the handrail stepping up with the good leg.

- Step up with the affected leg.

- Bring crutch up onto step
CRUTCH INSTRUCTIONS GOING UP/DOWN STEPS

WEIGHTBEARING

GOING DOWN STEPS

- You can hold both crutches under one arm or have someone carry one crutch for you.

- Hold crutch on one side and handrail on the opposite side.

- Press down on the handgrips of the crutch and the handrail and put crutch down on step.

- Step down with the affected leg.

- Step down with good leg.
CRUTCH INSTRUCTIONS GOING UP/DOWN STEPS

NON WEIGHTBEARING

GOING UP STEPS

- Hold crutch on one side and handrail on the opposite side. Have someone stand behind you with one hand on your shoulder and one hand on your waist if you feel unsteady.

- Press down on the handgrips of the crutch and the handrail and step up with the good leg with no weight on the affected leg.

- Step up with the affected leg with no weight on leg.

- Bring crutch up onto step

Whenever you go up or down steps, it may be helpful to place a wide belt around your waist so someone can hold onto you firmly if you lose your balance.
CRUTCH INSTRUCTIONS GOING UP/DOWN STEPS

NON WEIGHTBEARING

GOING DOWN STEPS

- Hold crutch on one side and handrail on the opposite side. Have someone stand in front of you with one hand on your shoulder and one hand on your waist if you feel unsteady.

- Press down on the handgrips of the crutch and the handrail placing crutches on middle of step below the one you’re standing on.

- Step down with the bad leg first pushing down on handgrips and lowering with good leg.

- Bring good leg down to step.

- Whenever you go up or down steps, it may be helpful to place a wide belt around your waist so someone can hold onto you firmly if you lose your balance.