

Patient information

Stairs Technique Non Weight Bearing Using One Rail

Therapies Department

Going up

You will need to hold the crutches in a 'T' shape, with the second crutch held horizontally on the outside of the first crutch. This is so you have both crutches with you when you reach the top of the stairs.



1. Stand at the bottom of your stairs with the rail in one hand and your crutch in the other. Keep your affected leg bent at the knee so that your foot is behind you and will not catch on the stairs.
2. Keeping close into the rail and using both the rail and crutch for support, slowly lift your unaffected leg onto the step.
3. Bring your crutch up onto the same step.



Continue climbing the stairs with this pattern until you reach the top.

Going down



4. Hold your affected leg out in front of you to avoid catching the foot on the step as you descend.
5. Place your crutch on the step below.
6. Using the crutch and rail for support, slowly lower your non affected leg down onto the same step.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Appointments

Please discuss with your physiotherapist.

Further information

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Review date: November 2024**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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