

Patient
 Information

Managing a single step up or down using walking aids

Introduction

This leaflet has been given to you as a reminder on how to manage a single step, up or down, when using sticks, crutches or a walking frame.

Using a walking frame

Going up a step

1. Place the walking frame next to the step and walk into the frame.
2. Place all 4 legs of the frame up on the step. Step up with your non-affected leg first and follow with the other leg.



Going down a step

1. Walk to the edge of the step with your frame.
2. Place all 4 legs of the frame down the step to the next level. Step down with your affected leg first then bring down the other leg.



Reference No.

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Department

Therapy

Review due

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Using walking sticks or crutches

Going up a step

1. Get close to the step.



2. Put your non-affected leg up first, followed by your affected leg and finally the sticks or crutches.



Going down a step

Walk to the edge of the step.

1. Place the sticks or crutches down the step.



2. Step your affected leg down first, followed by your other leg.



Patient Information

For further information, see the GIS Healthcare safety advice leaflet. Please ask your therapist for a copy.

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>