

# 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.



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Department

**Physiotherapy**

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**Patient  
Information**

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.



## **Using walking sticks or crutches**

### **Going up a step**

1. Get close to the step.



**Patient  
Information**

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.

3. Place the sticks or crutches down the step.



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



**Patient  
Information**

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

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