

**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.



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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.



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

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