

# Step-by-Step: Going Up and Down Curbs with a Walker

Going Up and Down Curbs with a Walker. Going up: fully lift all four legs of your walker up onto the curb in front of you.

Lift one foot up onto the curb between your walker. Lift your other foot onto the curb.

Going down: fully lift all four legs of your walker off of the curb and place it on the ground in front of you.

Step one foot down in front of the curb between your walker. Step your other foot down.

Going Up and Down Curbs with a Walker. Going up: fully lift all four legs of your walker up onto the curb in front of you. Lift one foot up onto the curb between your walker.

Lift your other foot onto the curb. Going down: fully lift all four legs of your walker off of the curb and place it on the ground in front of you.

Step one foot down in front of the curb between your walker. Step your other foot down.

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