

# Step-by-Step: Using a Cane on Stairs

Using a Cane on Stairs. Going up, hold your cane in one hand and place your other hand on the railing. Slide your hand up the railing slightly. Step your uninjured leg up onto the first stair.

Bring your injured leg and cane up onto the same stair. Repeat this process until you reach the top of the stairs.

Going down, hold your cane in one hand and place your other hand on the railing. Slide your hand down the railing slightly.

Place your cane on the stair in front of you. Step your injured leg down next to your cane.

Step your other foot down onto the same stair. Repeat this process until you reach the bottom of the stairs.

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