

Step-by-Step: Using Crutches on Stairs (Non-Weight Bearing)

Using Crutches on Stairs (Non-Weight Bearing).

Going up the stairs.

Use one hand to hold the railing and the other to hold both crutches at your side.

Step your uninjured foot onto the first stair.

Step your injured leg and crutches up onto the first stair.

Don't put your weight on your injured leg.

Staying in line with your uninjured leg.

Repeat steps one and two until you reach the top of the staircase.

Going down the stairs.

Use one hand to hold the railing and the other to hold both crutches at your side.

Step your injured foot and crutches down one stair.

Put your weight on the crutches and your upper body, not your injured leg.

Step your uninjured leg down next to your crutches and injured leg, and put your weight on your uninjured leg.

Repeat steps one and two until you reach the bottom of the staircase.