Your physical therapist will teach you how to go up and down steps using a walker or wheeled walker. A handrail is helpful when climbing stairs with a walker. If no handrail is available, your therapist will instruct on the proper technique without it.

**Going up Steps – Up with the “Good”**

1. Approach the stairs, placing your feet about 6 inches from the first step. Fold your walker and hold it in one hand. It may be easier to put the front legs of the walker on the first step before folding it. Hold the rail with your other hand.

2. Lift your walker and place it at the back of the first step. Step up with your stronger leg, and then bring up your weaker leg. Do this with each step, taking your time.

3. At the top of the stairs, unfold the walker and make certain it clicks in the locked position. Place both hands on the walker. Step up first with your stronger leg, and then bring up your weaker leg.
**Going Down Steps – Down with the “Bad”**

1. Approach the stairs placing your walker close to the stairs. Fold your walker and hold it in one hand. Hold the rail with your other hand.

2. Lower your walker to the front edge of the first step. Step down with your weaker leg, and then step down with your stronger leg. Do this with each step, taking your time.

3. At the bottom of the stairs, unfold the walker and make certain it clicks in the locked position. Place both hands on the walker. Step down with your weaker leg, and then with your stronger leg.
Going up a Single Step or Curb

1. Back up to the curb with your walker.

2. Put your weight on both hands on the walker, and step up backwards with your stronger leg.

3. Take a step or two back on the step, then lift the walker and your weaker leg up to the step.

Going Down a Single Step or Curb

1. Lower your walker down the step or curb.

2. Put your weight on your hands on the walker.

3. Step down first with your weaker leg, then with your stronger leg.

Talk with your physical therapist about any questions or concerns.