

# Using Crutches on Stairs

Keep your arm tucked into your side to prevent the tops of the crutches from slipping out from under your arm.

## 1. Going up stairs with crutches



- Move close to the stairs.
- Put both crutches in one hand.
- Keep your arm close to your body.
- Hold the railing with your other hand.



- Push down on the crutch handles and railing, then lift your good leg onto the first step.



- Raise your crutches to the first step. Repeat for remaining steps.
- Keep your body weight slightly forward at all times.

## 2. Going down stairs with crutches



- Get close to the edge of the stairs.
- Put both crutches in one hand.
- Hold the railing with your other hand.



- Slide your hand down the railing slightly.
- Move your crutches down one step.
- Press down on the crutch handles and railing, then lower your good leg down one step.



- Repeat for remaining steps.

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.  
Please do not use perfumed products. Thank you!*

**Nova Scotia Health Authority**  
www.nshealth.ca

*Prepared by: Physiotherapy ©  
Illustrations by: Staff  
Designed by: NSHA Library Services*

The information in this brochure is for informational and educational purposes only.  
The information is not intended to be and does not constitute health care or medical advice.  
If you have any questions, please ask your health care provider.