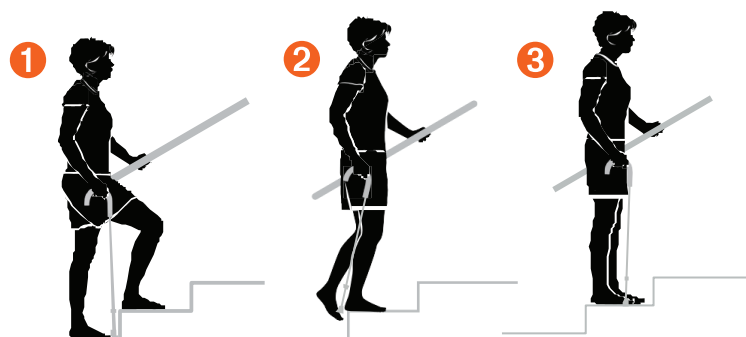


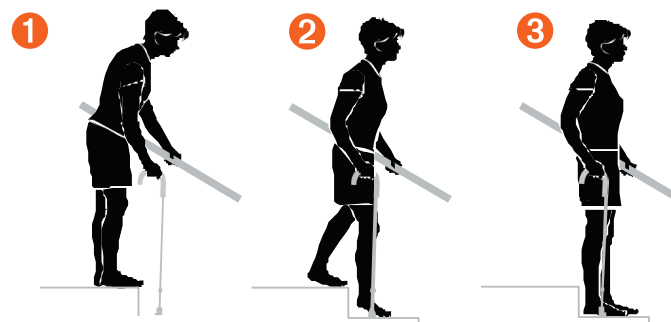
### Walking Up Stairs With a Cane

- 1 Grasp the hand rail with your free hand.
- 2 Begin by raising your non-operative leg up to the first step.
- 3 Bring your operative leg and cane together up to the same step, keeping your leg and cane in parallel alignment.



### Walking Down Stairs With a Cane

- 1 Grasp the hand rail with your free hand.
- 2 Begin by lowering your operative leg, and cane to the first step.
- 3 Bring your non-operative leg to the same step.



### Walking Up & Down Stairs Without a Handrail

- 1 Sequencing remains the same for steps 1 – 3.
- 4 Use caregiver's hand and shoulder respectively for ascending and descending stairs.

