

Hip Replacement Rehabilitation

Stair Climbing



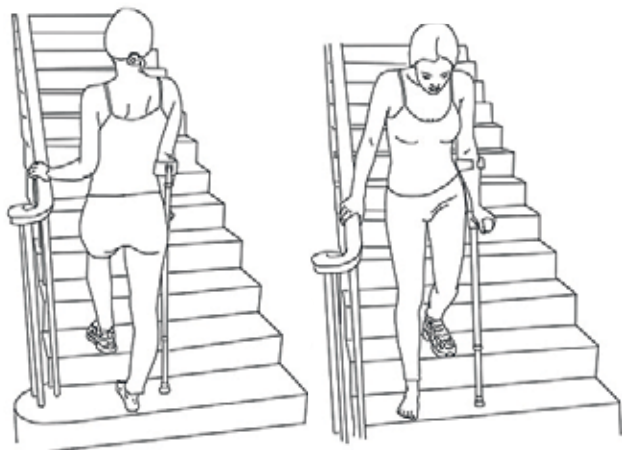
Walking Up and Down Stairs with Two Crutches

Always try to use one crutch and hold on to a side-rail when walking up and down stairs. But if this is not possible, use two crutches. First take a step up with your good leg, then follow it up with the affected leg, then bring both crutches up to the same step. To go down, place the crutches on the step below, then your affected leg, and finally your good leg.



Video:

http://youtu.be/ymfCN4_UYFI



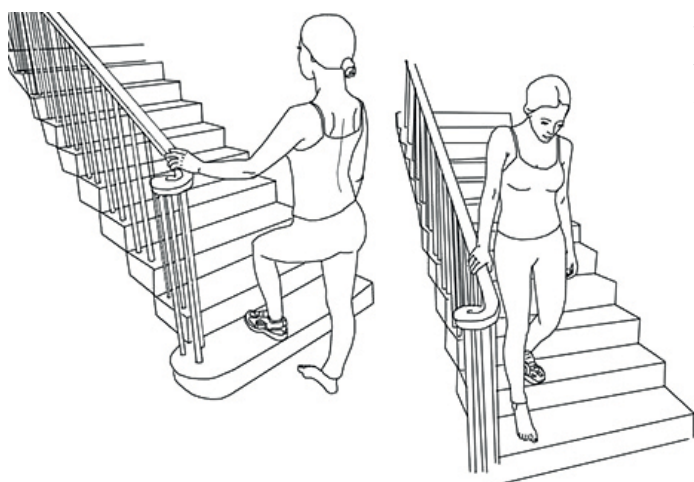
Walking Up and Down Stairs with One Crutch

Always try to use one crutch and hold on to a side-rail when walking up and down stairs. To go up, bring your good leg up first, and your affected leg up afterwards, and last bring your crutch onto the step. To go down, first place your crutch on the step below, then bring your affected leg down a step, then your good leg.



Video:

http://youtu.be/ghudpH_d5Io



Walking Up and Down Stairs

When walking upstairs, always step with the good leg first, and then follow with the affected leg. When walking downstairs, always walk with the affected leg first, and then follow with the good leg. Remember this saying: Up with the good, and down with the bad. Or: the good go to heaven, the bad go to hell!



Video:

<http://youtu.be/aMuAl-DKSgU>

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2019