

## STANDING UP



Place feet under knees.

Move to the edge of the chair/bed and lean forward.

If using two crutches/sticks, hold them on the weaker side.

Push up on the chair/bed with the free hand to stand up.

## SITTING DOWN

Stand in front of the chair/bed, with back of legs touching it.

If using two crutches/sticks, hold them on the weaker side.

Reach back with the free hand to hold onto the chair/bed and slowly sit down.



VIDEO DEMONSTRATION



VIDEO DEMONSTRATION

## WALKING



Place the walking aid in front of the body.

Step forward with the weaker (or only) leg.

Step forward with the stronger leg.

If using a walking stick, hold it on the stronger side.



## UP STAIRS - CRUTCHES AND WALKING STICKS

Step up first with the strong (or only) leg.

Next, step up with the walking aid and the weaker leg together.



VIDEO DEMONSTRATION

## DOWN STAIRS - CRUTCHES AND WALKING STICKS



Place the walking aid on to the step and step down with the weak (or only) leg.

Next, step down with the strong leg.

**!** Do not use walking frames on stairs (can use walking frame to go up and down one step); Check rubber tips regularly and replace them when they are worn.