Using a Walker on Stairs and Curbs with Leg Amputation

Your therapist will show you how to use a walker before you have your prosthesis. When climbing stairs start with your strong leg going up, and start with your weak leg going down. Remember: “up with the good, down with the bad”. When going up or down stairs with a walker, use a handrail for safety and balance.

Going Up and Down Stairs with a Folding Walker
This method will only work on steps that are 4 inches high.

Going Up Stairs

- Fold your walker and place it out to your side.
- Push down on it for support and hold onto the handrail with the other hand.
- Step up with your strong leg.
- Bring the walker up to the same step.
- Repeat going up each step, starting with the walker then your strong leg.
At the top of the stairs, unfold the walker and set it on the landing. Make sure you hear the walker click into the locked position.

**Going Down Stairs**
- Walk up to the stairs and place your walker about 2 inches from the top step.
- Fold your walker and place it on the step below where you are walking.
- Hold onto it with one hand and hold onto the handrail with the other for balance and support and step down with your strong leg.
- Repeat going down each step starting with the walker then your strong leg.
- At the bottom of the stairs, unfold the walker and set it on the landing. Make sure you hear the walker click into the locked position.
Going Up a Curb

Forward Method
- Walk straight up to the curb and place all four legs of the walker up on the curb.
- Push straight down on the walker and step up with the strong leg.

Backward Method
- Walk up to the curb and turn so your back is to the curb.
- Step up on the curb with your strong foot.
- Lift the walker and put all four legs up on the curb.
- Turn back around carefully.

Going Down a Curb
- Walk up to the edge of the curb.
- Put all four legs of the walker on the ground below.
- Supporting your weight on the walker, step down with your strong foot.

Never go down a curb backwards.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.