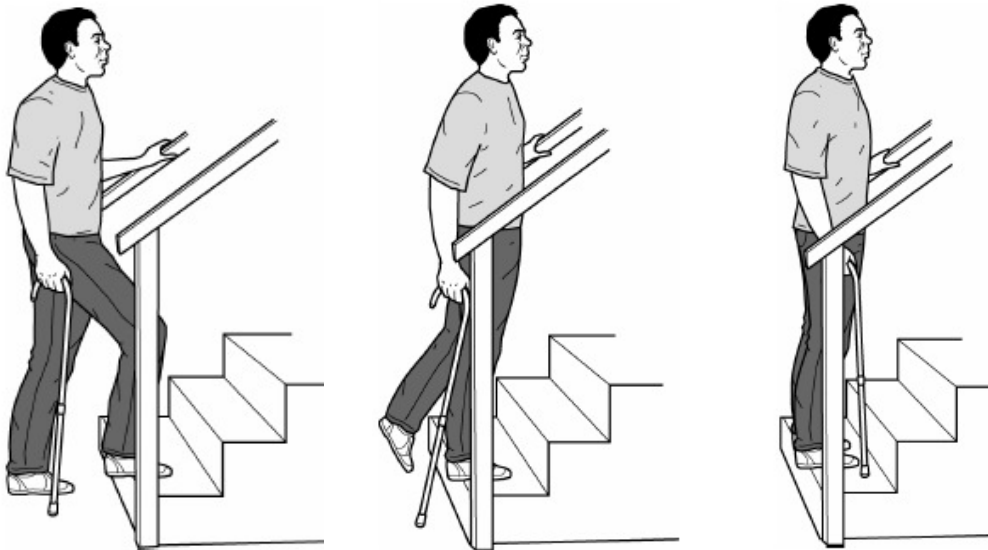


## USING A CANE WITH STAIRS

### GOING UP STAIRS WITH A CANE

- Grasp the hand rail with your free hand. Begin by raising your good leg up to the first step.
- Bring your operative leg and cane together up to the same step. Keep your leg and cane parallel to each other.



### GOING UP STAIRS WITH A CANE

- Approach the stairs and put your feet near the steps.
- Place your cane on the first step down.
- Place your operative leg on the first step down. Then bring your good leg to the same step.
- Repeat above steps until you are at the bottom of the stairs.

