

## Alternative methods for managing stairs and steps



Physiotherapy Department

Name of patient: \_\_\_\_\_

Date: \_\_\_\_\_

Name of Physiotherapist: \_\_\_\_\_

**Telephone:** 01483 464153

## **What is the purpose of the leaflet?**

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This is an information booklet to help you manage steps and stairs in an alternative way, whilst having an altered weight bearing status.

You will have practiced the technique with your Physiotherapist before discharge from hospital but this booklet is designed to remind you when you are home.

**Only use the method as marked by your physiotherapist.**

What is my weight bearing status? \_\_\_\_\_

## How do I go up and down a single step?

- A 'relative/friend' places a chair with no arms inside the property close to the door edge.
- Mobilise, as shown by your physiotherapist, with your walking aid to the bottom of the step and turn so your back is facing inside.
- Reach your hands back onto the chair and sit down.
- Keep the affected foot off the floor if non-weight bearing.
- Once sat safely you can swivel your legs round and into the property.
- Your 'relative/friend' can pass you your walking aid and you are then safe to stand and mobilise within the house.



**To exit the house you do the reverse of the above.**

Ensure when you stand up your non-affected foot is on the ground below and not on the step. →



## How do I go up the stairs on my bottom?

- Prior to ascending stairs, ensure a chair (with no arms) is placed by a 'relative/friend' on the landing or in a nearby bedroom, ideally against a wall.
- Mobilise, as shown by your physiotherapist, to the bottom of your stairs and turn around so that your back is facing the stairs.
- Hold onto the banister with one hand and reach down to the steps with the other to lower yourself into sitting. Aim to sit on the second or third step to make it easier.



- Once you are sat on the stairs you will need to use your non affected leg and your arms to move from step to step.



If you are non-weight bearing, ensure your affected leg remains clear from the step as you ascend.

- Once you have reached the top of the stairs 'bottom shuffle' to the chair so that it is behind you.
- Reach your arms up onto the chair; bend the non affected knee as much as you can.
- Using your arms and non-affected leg push up onto the chair. You can use a small stool to bridge the gap between the floor and chair.
- Your 'relative/friend' can pass you your walking aid and you are then safe to stand and mobilise within the house.



## Alternatively

- Once you have reached the top of the stairs 'bottom shuffle' to the chair so that it is to your non-affected side.
- Come around onto your knees, keeping your operated foot off the floor if non weight bearing.
- Place your non-affected foot onto the floor and your hands onto the chair seat. Push up and rotate round to sit onto the chair.
- Your 'relative/friend' can pass you your walking aid and you are then safe to stand and mobilise within the house.



We do not advise you to pull up on the banister at the top of the stairs for your safety.

Only do the method highlighted by your physiotherapist.

All chairs should be sturdy, without wheels and ideally against a wall.

## How do I come down stairs on my bottom?

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- Mobilise, as shown by your physiotherapist to the chair at the top of the stairs and sit.
- Lower yourself down to the floor using your non affected leg and arms. You can use a small stool to bridge the gap between the floor and chair.
- Bottom shuffle to the top of the stairs
- Once you are sat on the stairs you will need to use your non affected leg and your arms to move from step to step.
- Once you have reached the bottom of the stairs and your non affected leg is on the ground level, you will need to stand up.
- You can either use the banister with one hand and push up from the step with the other. Alternatively use both hands on the banister to come up into standing.
- Keep the affected leg off the floor if non weight bearing.
- Your 'relative/friend' can pass you your walking aid and you are then safe to stand and mobilise within the house.



## Reference

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Coopers Elbow crutches, Sunrise Medical Ltd

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## Contact details

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For further information, please do not hesitate to contact the Physiotherapy Department

**Telephone:** 01483 464153

Monday–Friday, 8.00am–4.00pm

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## PALS and Advocacy contact details

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Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** [rsc-tr.pals@nhs.net](mailto:rsc-tr.pals@nhs.net)

**Opening hours:** 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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