

DISCHARGE INSTRUCTION FOR STAIRS

Ascend/Up: (All **GOOD** things go **UP**)

- Use handrails in both hands if possible.
 - Better: 2 Hand Rails (hand rails must be within reach)
 - Good: 1 Hand Rail and a cane/crutch
- Cane/crutch remains on the lower/initial step.
- Step up with the good leg (non-surgical leg)
- Use handrails and/or cane/crutch to stabilize.
- Left body and bad leg (surgical leg) up to meet good leg on stair.
- Finally, bring cane/crutch up.

Descend/Down: (All **BAD** things go **DOWN**)

- Use handrails in both hands if possible.
 - Better: 2 Hand Rails (hand rails must be within reach)
 - Good: 1 Hand Rail and a cane/crutch
- Place cane/crutch on lower step or use both hand rails if there are 2.
- Step down with bad leg (surgical leg).
- Use hand rails and/or cane/crutch to stabilize
- Finally, step down with the good leg (non-surgical leg) to meet bad leg.