Climbing the stairs with your walking stick(s)
Physiotherapy Department

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

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Aً فَتْرَةً هَـب ترجمة داريَد، لطفاً با شماره 01932 723553 تماس بگیرید.

Se precisa de uma tradução por favor contacte: 01932 723553

Я могу перевести это, пожалуйста, позвоните по телефону: 01932 723553

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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553
Ascending the stairs
1. Hold the banister in one hand and the stick in the other
2. Step with the 'unaffected' leg first
3. Push through your stick to bring up the 'affected' leg
4. Finally, bring up the stick

Descending the stairs
1. Put the stick down to the centre of the step below
2. Step down with the 'affected' leg first
3. Finally step down with the good leg

Please note:
If you have a rail but require two sticks to walk on the flat, hold the spare stick as below when you ascend/descend the stairs.

If you have no rail and are using two sticks, position both sticks as per the above instructions i.e. on descent place both sticks down first.

If in any doubt about the above information, please contact your Physiotherapist. Once finished with your equipment please return to either the St Peter’s or Ashford Physiotherapy Department.

Further Information
We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk