

Empower Minds.
Strengthen Bodies.
Inspire Creativity.

Weight-bearing status: _____

Going down a curb

1. Move to the edge of the curb with your walker.
2. Put the walker on the floor or ground below you.
3. Step down with your weaker leg.
4. Step down with your stronger leg.

Tips for walking with a walker

- Be careful when you walk on wet or uneven surfaces.
- Maintain good posture when walking.
- Do not take a step unless all 4 legs of the walker are firmly on the curb.
- Make sure someone is nearby in case you need help.
- Carry items in a backpack, walker bag, or basket.
- Wear shoes that fit well, support your feet, and are comfortable.
- You may not be allowed to put your weaker foot down (non-weight bearing). In this case when climbing up a curb, bend your weaker knee and keep your weaker foot behind you. When coming down the curb, keep your weaker leg straight out in front of you.
- When comfortable using your walker, you can step down from a curb with your weaker leg and walker at the same time.

