

Greater Baltimore Center for Rehabilitation Medicine
Acute Care Physical & Occupational Therapy

Going Up or Down a Single Step or Curb

Use of walker, crutches, or cane on curb step:

- Have your helper assist you on your weaker side and use a gait belt if one is available.
- Be sure to place your entire foot on the step for improved balance.
- Move up to the curb so that the walker/crutches/cane and your toes are close to the curb step.
- Your helper can assist you to bring the walker/crutches/cane up to the curb or down off the curb.
- When going up the step, lead with your “stronger” leg.
- When going down the step, lead with your “weaker” leg.



Scan QR code for
video of instructions
for going up or down
the curb

