

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

Non-Weight Bearing

Non-weight bearing means your foot will NOT be touching any surface.

With crutches on the steps:

- Have your helper assist you slightly behind and on your non-weight bearing side when walking up to the steps.
- Have your helper use a gait belt if one is available. While holding onto the belt, palms and fingers should be oriented upwards.
- **When going up the steps**, place your weight bearing foot up on the step first and then bring up the crutches, keeping your non-weight bearing leg lifted off of any surface. Be sure to place your entire foot on the step for improved balance. Your helper can hold on to the belt from the back.
- **When going down the steps**, keep your non-weight bearing leg raised up in front of you. Lower the crutches down to the step below using them for support. Then slowly bring your weight bearing leg down to meet the crutches. Your helper can hold on to the belt from the front.



Scan QR code for
video of non-
weightbearing with
crutches.

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Using a shower seat to traverse stairs:

- Using a shower chair to navigate stairs may be a safer alternative than another assistive device. The shower chair must have adjustable legs that allow it sit evenly on two steps.
- A sturdy handrail must be on the same side as your non-weight bearing leg as you are going up the steps.
- A second person is recommended for safety. When going up or down, your helper will remain down the steps from you and assist with moving and holding the shower chair and holding on to the gait belt if it is available.
- **When going up**, use the railing to pull up into standing while keeping your non-weightbearing leg off the ground. The shower chair is then moved up one step and you will return to a seated position. Bring the weight-bearing leg up one step and repeat.
- **When going down**, use the railing to pull up into standing while keeping your non-weight bearing leg off the ground. The shower chair is then moved down one step, and you will return to a seated position. Bring the weight bearing leg down one step and repeat.



Scan QR code for video of
using a shower chair while
non-weightbearing.

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Non-Weight Bearing

Non-weight bearing means your foot will NOT be touching any surface.

Using crutches or a walker to traverse a curb, up backwards:

- Have your helper assist you slightly behind and on your non-weight bearing side when traversing a curb step. They can use a gait belt if one is available. When holding onto the gait belt, palms and fingers should be oriented upwards.
- Back up to the curb until the crutches or walker and your feet are close to the curb using the device for support. Slowly lift your weight-bearing leg up onto the curb, keeping your non-weight bearing leg off the ground. Bring the device onto the curb.
- When stepping off the curb, proceed to the edge of the curb, slowly lower the crutches or walker and step down with the weight-bearing leg and keeping your non-weight bearing leg off the ground.



Scan QR code for video of going
up or down a curb step while
non-weightbearing using
crutches or a walker.