

NAVIGATING CURBS



< STEPPING UP

- Get close to curb, place hands on thighs
- Place STRONGER leg on curb, lean forward
- Push with lead leg (tighten your thigh muscles) to step weaker leg up

STEPPING DOWN

- Get close to edge, place hands on thighs
- Step WEAKER leg down, feet forward
- Shift weight to lead leg (tighten your thigh muscles) & step stronger leg down



WITH A CANE ^

- Place cane on/off curb before moving leading leg
- Lean forward & place weight onto cane + leading leg
- Step with other leg

WITH A WALKER ^

- Place walker on/off curb & step closer to curb with both feet
- Step with leading leg
- Lean forward & place weight through hands + leading leg
- Step with other leg

TIPS

- Keep head up & look straight ahead
- Keep toes straight, don't turn toes sideways
- Stepping up: lead with stronger leg
- Stepping down: lead with weaker leg