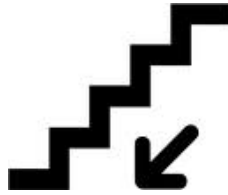


Stairs After a Hip Replacement



DOWNSTAIRS

For safety:

- Use a rail or banister if there is one
- Do 1 step at a time



- Make sure both feet are firmly on the stair



- Put the sticks down a stair and step the operated leg down



- Step your other leg onto the same stair

