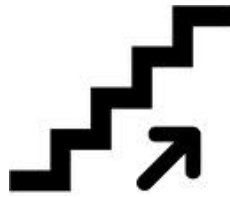


Stairs After a Hip Replacement



UPSTAIRS

For safety:

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



- Walk up to the bottom step



- Step up with the leg that did not have the operation



- Step up with your operated leg up and the sticks.

