Using a Walker or Cane

WALKING UP and DOWN CURBS and CURB CUTS

Preparation for curb cuts:
• Know your route. Know where the curb cuts are.
• Be aware of transportation patterns.
• Check for dips or bumps in curb cut.

Going up / down a curb cut:
• Walk up/down the center part of the curb cut where it is flattest.
• Be sure your cane or walker can get over any dip or bump in the curb cut.
• Small walker wheels tend to get caught in dips and on bumps. Move slowly.

Going up / down a curb:
• Get as close as possible to the curb
• Going up, be sure your foot is stable and cane or walker is steady.
• Going down, put your cane or walker down first. Then bring your foot carefully and firmly to the ground.

Asking for assistance:
• Know your capability and ask for help when needed.
• A helper can provide a hand or “spot” you as you move.
• Go with someone else until you are ready to go alone (if possible).

Getting there
TRANSPORTATION RESOURCE CENTER
These tips are intended to assist you in the planning of traveling in the community. They are a guide only and cannot guarantee your safety. It is the responsibility of the reader to follow his/her health care professional’s advice related to their specific condition. Always be prepared to encounter the unpredictable.