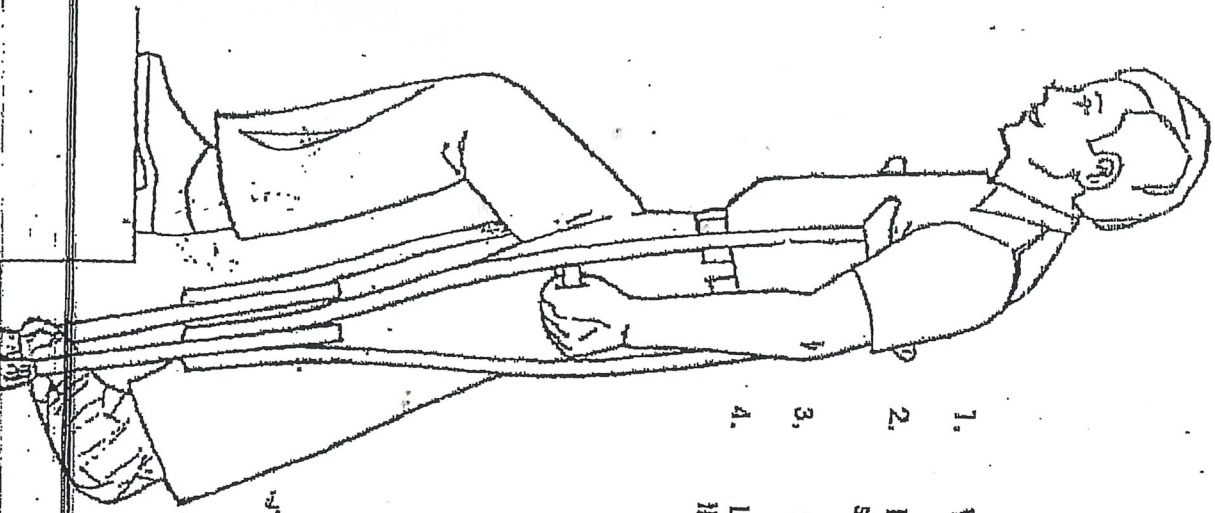


INSTRUCTIONS FOR STEPS OR STAIRS



1. Walk right up to the step.
2. Put your weight on the crutches and step up with your good leg.
3. Bring your sore leg up on to the step.
4. Last, lift your crutches onto the step that you have stepped onto.

1. Walk right to the edge of the steps
2. Put your crutches down onto the step below.
3. Put your sore leg down onto the step.
4. Step down with your good leg.

