

Ascending and Descending Stairs

Traveling up and down stairs is a vital part of everyday movement. Here is a training program that can make moving up and down stairs easier. Doing things such as walking to work and moving often can make this task easier.

Week 1: Start by holding on to a railing and ascending/ descending 5 stairs, 3 times in a row maintaining a steady pace, taking a 30 second rest between repetitions. Repeat the previous sequence three times per week. (ex. Monday/Wednesday/Friday)

Week 2: Ascend and descend 10 steps holding on to the railing, 3 times in a row maintaining a steady pace, taking a 30 second rest between repetitions. Repeat the previous sequence three times per week. (ex. Monday/Wednesday/Friday)

Week 3: Climb and descend 10 steps without holding onto the railing, 3 times in a row maintaining a steady pace, taking a 30 second rest between repetitions. Repeat the previous sequence three times per week. (ex. Monday/Wednesday/Friday)

Weeks 4-6: Repeat week 3, adding a carry of household items such as laundry baskets, grocery bags, and bedding