Curb Negotiation: Retro/Backwards Method

To go UP curb:
1. Back up to the curb with the walker until your heels are touching the curb.
2. Step back with your strong leg up onto the curb first.
3. Then bring the weak leg up last.
4. Slowly pull the walker up onto the curb and place all 4 legs down flat.
5. Turn and face forward, turning the walker with you. Carefully start walking.

To go DOWN curb:
1. Get the walker as close to the edge of the curb as possible.
2. Place the walker down to the lower level.
3. Step down with your weak leg.
4. Your strong leg comes down last.
5. Carefully start walking again.