

Stairs After Joint Replacement

One of the most common questions after hip or knee replacement is about managing stairs. The good news is that most patients can manage a single flight of stairs within days of surgery. With the right technique and a little practice, stairs become comfortable and safe well before your 6-week review.

KEY STEPS

01 Going Up Stairs

Lead with the operated leg going up; hold the rail firmly.

02 Going Down Stairs

Lead with the non-operated leg going down; hold the rail.

03 One Step at a Time

Take stairs one at a time initially; alternate feet as strength returns.

04 Building Confidence

Practice daily with a carer nearby; confidence improves rapidly.

QUICK FACTS

GOING UP

Good Leg First

GOING DOWN

Bad Leg First

HANDRAIL

Always Use One

TIMELINE

Days Post-Op



**“Up with the good,
down with the bad.”**

FREQUENTLY ASKED QUESTIONS

Q. When can I start using stairs after surgery?

Most patients are guided through stairs by the physiotherapist before leaving hospital — usually within 1–2 days of surgery.

Q. What if I live in a multi-storey home?

Dr Liew's team will plan your discharge to ensure you can manage your home environment safely. A ground-floor setup for the first week is ideal if available.

Q. Will stairs always feel awkward after surgery?

Initially, yes. By 6 weeks, most patients manage stairs normally. By 3 months, stairs feel comfortable and natural again.

ABOUT THE SURGEON

Dr Chien-Wen Liew exclusively performs total hip replacements via the direct anterior approach and total knee replacements via kinematic alignment only. He utilises patient-specific technology for both procedures, and practices from Orthopaedics 360 — within the Eastwood Private Hospital Precinct.

Dr Chien-Wen Liew

Hip and Knee Replacement Surgeon

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