

Can I Climb Stairs?



Can I climb stairs?

Yes, you can climb stairs as necessary but not as an exercise routine. In the first 2 weeks at home, try and limit yourself to 1 flight of stairs (up and down) per day. Climb slowly - one step at a time. Use the handrail for support. If you become tired or dizzy, stop and rest for a minute. When you reach the top of the stairs, you may be short of breath or feel your heart pounding. This will get better after you stop and rest.

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