



A Case Study: The Importance of a Railing After Returning From the Hospital



By Matthew Tombs and Neil Thorslund

"If you want to support others you have to stay upright yourself."

— **Peter Heg**

A story from one of our clients

Mike recently visited Ottawa Deck and Rail, after a car accident left him with a cracked rib and a broken leg. Once simple tasks like preparing breakfast, and **walking up and down his front steps** became time consuming and frustrating. One problem he had was that there was only a grab rail on one side of the stairs, making it difficult to grab on the way down.

The solution

Luckily, Mike decided to come visit our company, as we prioritizes services when someone needs it for medical reasons. Three days later, we had installed a **railing** on the other side of the stairs, so that Mike could focus on his recovery.



What can we take from this study?

Unfortunately, injuries and illnesses can happen **at any time**, which may hinder our ability to climb stairs. These can include:

- Normal aging or wear and tear
- Arthritic conditions like osteoarthritis
- Injuries due to sports or car accidents
- Needing to use a mobility device like a cane

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What steps can I take to proactively prevent falling if I have an injury?

Ottawa Deck and Rail deeply cares about its clients, and commits to providing them with relevant information, and quality products. Here are 10 stair railing tips for people with mobility issues:

- If you have open stairs get a railing on both sides so that you can use your dominant hand on the way up and down the stairs.



- Most injuries take place on the way down the stairs so take extra caution on your way down.
- Be sure your stairs are free of snow and ice, and any other debris that could make using them more difficult.



