OTTAWA DECK & RAIL WINNIPEG DECK & RAIL

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:

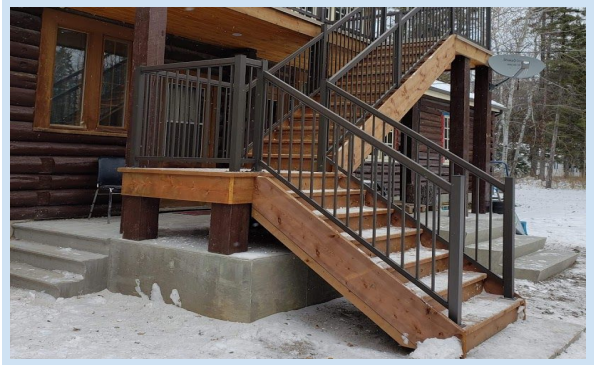
- Normal aging or wear and tear
- Arthritic conditions like osteoarthritis
- Injuries due to sports or car accidents
- Needing to use a mobility device like a cane

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.



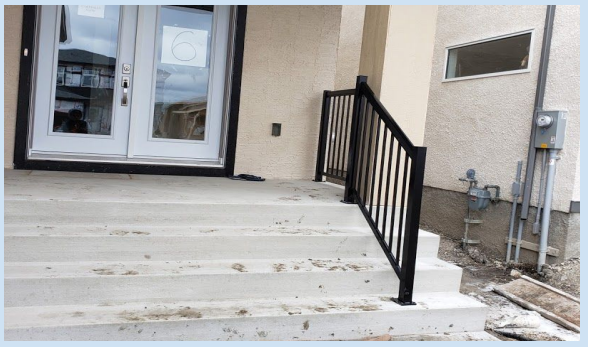
"If you want to support others you have to stay upright yourself."

— Peter Heg

- Use adhesive floor treads to provide greater traction if your stairs are polished or slick.

- You may have to replace your stairs if the rise is higher than the standard 7 inches, and you cannot lift your leg high enough.
- Be sure the stairway is well lit especially at night, to avoid falling, and re-injuring yourself

- If you have pillars, have a railing installed straight from the landing down to the bottom step.



- You should see a physical therapist to teach you the correct way to go up and down the stairs, to use the handrail and mobility devices like crutches.
- It can take over a year for your muscles to recover, so it's important to do all exercises given by the doctor, or physical therapist.

If you're returning home after having surgery, or dealing with an injury, Ottawa Deck and Rail takes that need seriously, can provide a quote within 24 hours. We will prioritize your service to have it done as quickly as possible.

If you have any questions, give us a call or request a quote on our website.

Ottawa Deck and Rail
613-225-6782
199 Colonnade Road S Unit 3
https://www.ottawadeckandrail.com/free-price-quote

Winnipeg Deck and Rail
204-415-4422
1149 St Matthews Ave
http://www.winnipegdeckandrail.com/deck-railing-quote-winnipeg.php

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

— Peter Heg