



*Established 1972*

*By and For the People of Love County*

Richard Barker,  
Administrator

**Ambulance Emergency**

**911**

**Clinic Appointments**

**276-2400**

**Hospital Information**

**276-3347**

**Community Resources**

**211**

**Domestic Violence Help**

**276-2042**

**Hotline - 226-6424**

# PHYSICAL THERAPY TRAINING STAIRS

*Physical Therapist Assistants Brenda Beard (left) and Stephanie Lang demonstrate step techniques on the Training Staircase in the Therapy Building.*

*Under their guidance, rehabilitating patients gain the confidence, balance, and ability to walk and climb steps.*



**What Is It?**

Hausmann Mini Staircase

**Year Acquired:**

2014

**Use:**

The mini staircase addresses sloped motion, which is one of the most difficult movements for those learning to walk again. The staircase has 6" high steps, 4" high steps, and a platform. Step techniques are taught using handrail only or handrail and cane.

**Up with Good:**

To ascend, advance the stronger leg first, placing it on the step above where you are standing. After this unaffected leg is placed, advance the weaker leg up to the same step.

**Down with Bad:**

To descend, advance the weaker leg first, placing it on the step below where you are standing. Then, advance the stronger leg down to the same step.

*We're YOUR Hospital, Clinic and EMS*

## Mercy Health/Love County

300 Wanda - Marietta, OK 73448

[www.mercyhealthlovecounty.com](http://www.mercyhealthlovecounty.com)

*The Small-Town Hospital  
with the Big Heart*

