



## Cane Instructions

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider and/or Physical Therapist. Contact your health care provider if you believe you have a health problem.

### **Cane Fitting**

1. Stand up straight with your arms resting at your side.
2. The cane height should be level with the bend in your wrists. There should be a slight bend in your elbows (about 20° -30°) when holding onto the cane.

Safety Note:

- Ensure that all push pins are fully engaged and unrestricted.
- Ensure that the safety latch/screw is engaged.
- If Quad Cane ensure that narrow part of base is closest to the foot.

### **Walking**

#### **On Level Surfaces**

1. Stand straight, do not hunch over.
2. Hold the cane in the hand opposite the injured side of your body and keep your elbow slightly bent.
3. Step forward with your injured leg and move the cane at the same time. Keep the cane close to your body to provide support and balance once you place the tip down on the floor.

Safety Note:

- Ensure that the tip of your cane lands directly across from the instep on your injured foot
  - Do not place the cane too far ahead, or it will affect your balance.
4. Step forward with your uninjured leg, allowing your weight to fall on the support of the cane.

Safety Note:

- Check to make sure the tip or end of the cane is planted firmly on the ground before continuing.
5. Repeat steps 2 and 3 to continue walking forward.

Safety Note:

- When turning, take small steps, do not pivot with the help of the cane because you may fall.

#### **On Stairs (with Railing)**

*Upstairs:*

1. Hold the cane in the hand opposite the injured side of your body. Grasp the handrail with the other hand and step up on your good leg. Leave enough room on the step to place your other foot.

Safety Note:

- If there is no handrail, do not attempt to climb the stairs. Find an alternate route such as an elevator.
2. Step up onto the ascending step with your injured leg while grasping the handrail firmly. Place your foot next to the other on the stair.
  3. Repeat steps 1 and 2 to continue walking up the stairs.



*Downstairs:*

1. Hold the cane in your hand on the side of your body opposite to your injury. Grasp the handrail firmly with your other hand. Do not descend stairs with no handrail due to the possibility of a fall.
2. Place the end of the cane firmly on the step below you and step down with the foot on the injured side of your body. Ensure that the end of the cane is firmly planted on the step's surface before continuing.
3. Step down onto the step with your other foot.
4. Repeat steps 3 to 5 to continue descending the stairs.

**Note: Remember the phrase: Up with Good, Down with Bad**

**Safety Tips**

- Use a backpack or fanny pack to carry things if you use a cane. Avoid carrying heavy items that may throw you off balance.
- Canes are **not** recommended for use on stairs without rails.
- Do **not** lunge with a cane.
- Never run with a cane
- Never carry a cane and walk. A cane is used to assist with balance.
- Remove throw rugs from areas to be walked upon.
- Ice Grip(s) may be attached to reduce the likelihood of slipping on ice and snow during the winter.