

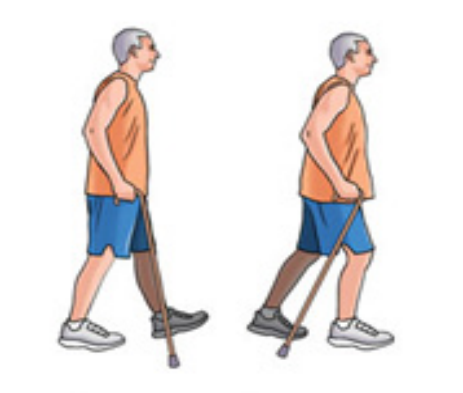
Using A Cane

Walking with a Cane

The cane is held in the opposite side to the affected leg.

The cane goes ahead first - followed by the affected leg.

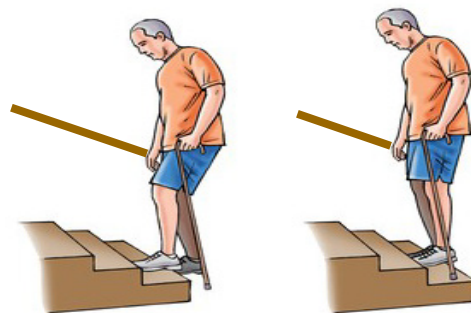
The shaded leg is the affected leg.



Going UP the Stairs

Hold the cane on the opposite side of your affected leg.

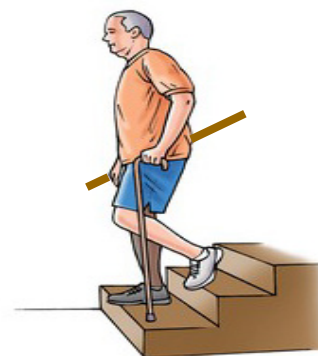
Begin climbing the stairs using the “good” leg first, followed by the cane and then the affected leg.



Going DOWN the Stairs

Hold the cane on the opposite side of your affected leg.

Begin going down the stairs using the affected leg and cane first, followed by the “good” leg.



TIPS

- The height of the cane should be to your wrist crease.
- Wear proper footwear and clothing (e.g. flat, closed toe and heel shoes).
- Make sure the tip doesn't become worn and smooth, replace it before it does.
- Avoid wet floors. Dry crutch tips before walking on linoleum or tile floors.