Cane Use

The purpose of using a cane is to make you more stable, reduce pain, and to ease the pull of certain muscle groups.

HOW LONG SHOULD MY CANE BE?

- When standing upright, keep your arm completely relaxed at your side.
- The top of your cane should come to your wrist joint.
- The length of the cane is adjustable.

HOW DO I WALK WITH A CANE?

- The cane should be placed in the hand opposite of the injured or bad side.
- Move the cane with the weak foot at all times.
- Put as much weight on the cane as necessary to make walking comfortable, stable and smooth.
- Stand tall with good posture and look ahead, not down at your feet.

HOW DO I GO UP STEPS WITH A CANE? ("UP WITH THE GOOD")

- Lead with your good foot.
- Move the cane and the weak foot up the step at the same time. Continue this, one step at a time.

HOW DO I GO DOWN STEPS WITH A CANE? ("DOWN WITH THE BAD")

- Lead with the cane and your weak foot.
- Bring your good foot down to the same step. Continue going down the steps one step at a time.
- Always use the railing with your free hand.

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