
Cane fitting



Setting the height: The grip should be at or slightly above the wrist when the arm rests on the cane.
Using the crutches: firmly grip the handle as you walk. The cane should go with the opposite leg.

Sit to Stand with Single Point Cane



IMAGE 1



IMAGE 2

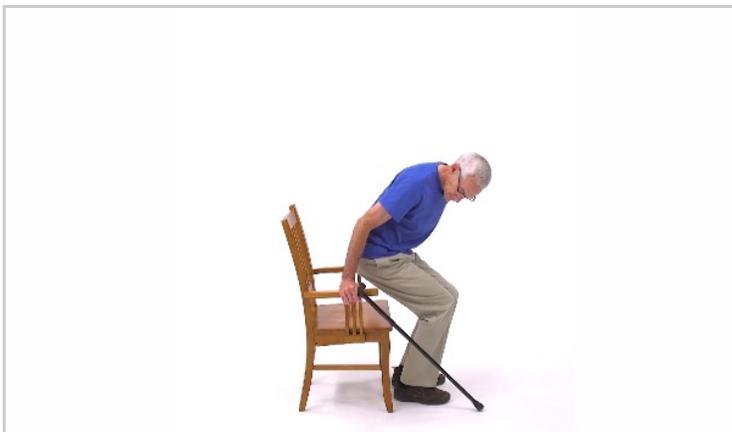


IMAGE 3

When transferring from sitting to standing, it is important to remember proper form to make your movements easier and prevent injury.

- If in a wheelchair, lock the brakes first
- Begin sitting upright on a bed or chair with your cane in your dominant arm, or in the arm opposite of your affected side.
- Scoot towards the edge of the chair, placing your feet flat on the floor.
- Place your hands on the arm rests, keeping the end of the cane on the ground.
- Lean your torso forward, bringing your nose ahead of your toes and press up into a standing position (Image 1).

To return to a seated position:

- Begin standing in front of the chair, so the backs of your legs are touching the seat (Image 2).

- Reach back with your hands as you bend your hips and slowly sit your bottom back toward the chair (Image 3).

Reciprocal Gait with Cane

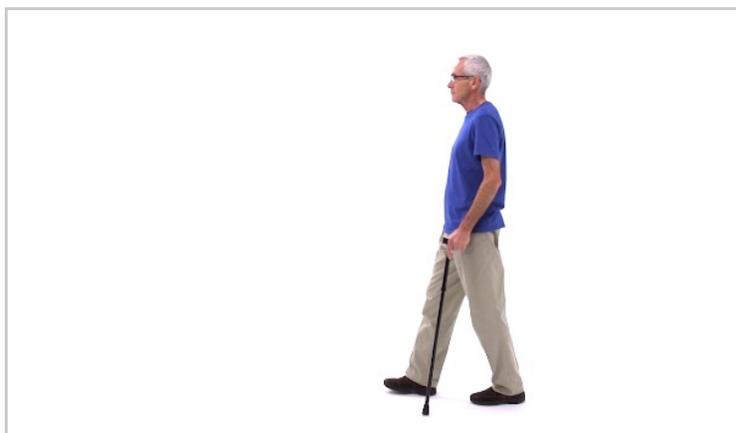


IMAGE 1

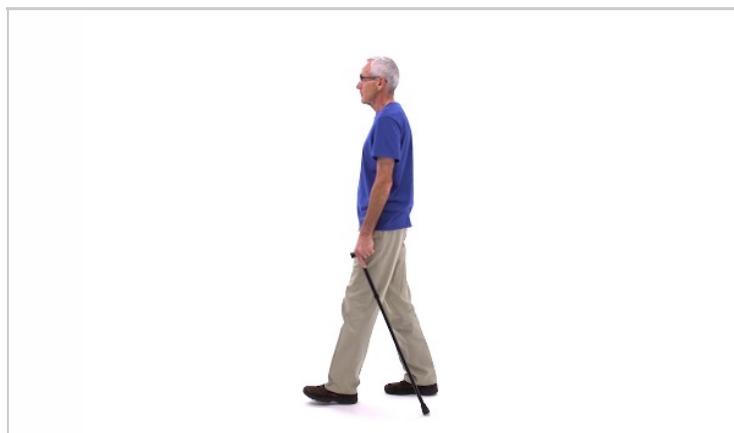


IMAGE 2

Using a cane can help improve your balance and stability while walking. Be sure to follow any specific instructions from your healthcare provider.

- Begin in a standing upright position with your cane in your dominant arm, or on the opposite side of your affected leg.
- At the same time, move your cane and opposite foot forward (Image 1).
- Then step through with your other foot. Repeat this pattern as you walk (Image 2).
- Make sure to maintain good posture as you walk.

Going Up and Down Stairs with Cane

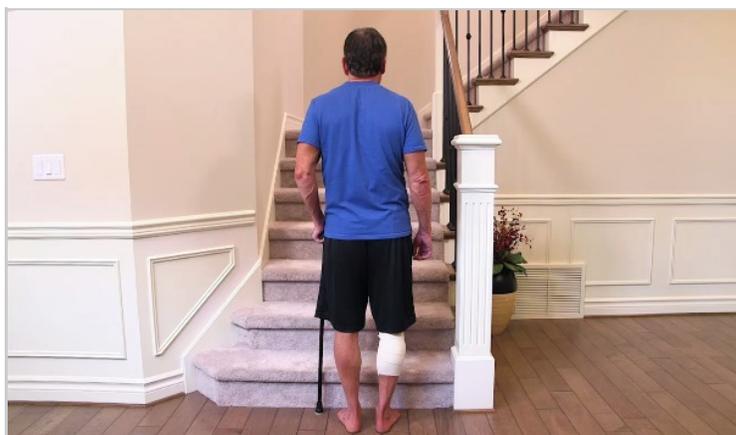


IMAGE 1



IMAGE 2



IMAGE 3

When going up stairs with a cane, it is important to remember proper form to make your movements easier and prevent injury.

- Begin facing the stairs with your cane in one hand and the other hand resting on the railing. Make sure to stand as close to the bottom of the stairs as possible (Image 1).
- Bring your nonsurgical or uninjured leg up onto the stair, using your cane and the railing for weight bearing as instructed.
- Then bring your cane and your surgical or injured leg up onto the same step.
- Continue this pattern until you reach the top.

To go down stairs:

- Begin at the top of the stairs with your cane in one hand and the other hand resting on the railing. Make sure to stand with your toes close to the edge of the step.
- Hold onto the railing and carefully lower your cane onto the step below you (Image 2).
- Then bring your surgical or injured leg down, followed by your strong leg, using the railing and your cane for weight bearing as instructed.
- Continue this pattern until you reach the bottom.

Tip:

- Make sure you have your balance before you continue onto the next step.
- Remember to lead with your strong leg, or good leg, going up stairs and lead with your surgical leg, or bad leg, going down stairs (Image 3).