



### **What is a Cane?**

Canes are assistive medical devices that can provide stability and balance while you walk.

### **How is a Cane Adjusted?**

Adjust by pushing the metal button in to raise or lower the cane. The cane should sit at your hip joint. Proper arm placement when you are holding your cane is that your elbow should be at about a 20-degree angle.

### **How to Use a Cane**

Hold your cane in the hand of the opposite side that needs support. You will move your opposite leg and arm at the same time as you walk.

If there is a railing, please use the railing when going up the stairs. You will begin with your stronger leg going up the stairs regardless of if there is a railing or not. If there is no railing the cane will be in the hand of the weak sided leg. Step with your good leg, followed by the cane, and then the bad leg. Going down the stairs you will have the cane in the same hand as you went up the stairs with. You will put the cane down, followed by the bad leg, and then the good leg.

### **Safety Tips**

Wear shoes with traction.

Be mindful of rugs.

Avoid wet or slippery surfaces.

Watch out for rough or uneven surfaces.

Make sure you check the tread of your cane, so you are getting good traction.

A cane is not made to hold your full body weight. Do not use it to help yourself sit down or stand up.