

Standard, single-point, cane

How to find a proper fit

Stand with the cane at your side. The top of the cane should be at the level of your wrist when your arm is hanging comfortably at your side.



How to Use a Cane

Use your cane in the hand **OPPOSITE** your injured leg.

To stand up and walk:

1. Hold the handle of the cane in one hand as you push up from the armrest. Once standing, pause to be sure you are steady.
2. Move the cane forward a short distance. Make sure you keep the cane a few inches out to the side.
3. Step forward with your injured or weaker leg first, putting weight onto the cane. Then take a step with your stronger leg.
4. Look up to see where you are going, not always down at the floor.

To go up the stairs:

Push down on the cane. Step up with your stronger or uninjured leg. Then step up to the same step with your weaker or injured leg. Bring the cane up.

To go down the stairs:

Place your cane down one step. Step down with your weaker or injured leg. Then step down with your uninjured leg.

If you have a railing, hold onto it with your other hand.