

How to Use a Cane: A Step-by-Step Guide

A cane can provide added stability and support when walking. Using it properly helps prevent falls and improves mobility.

1. Choosing the Right Cane

- **Height:** The top of the cane should reach the crease of your wrist when standing upright with your arms relaxed at your sides.
 - **Grip:** Choose a comfortable grip that suits your hand size and strength.
 - **Tip:** Make sure the rubber tip is not worn out and provides good traction.
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2. Holding the Cane

- Always hold the cane in the hand opposite your weaker or injured leg.
 - This provides better balance and reduces strain on the affected side.
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3. Walking with a Cane

- Move the cane forward at the same time as your weaker leg.
 - Step through with your stronger leg.
 - Keep your posture upright and look ahead, not at your feet.
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4. Using Stairs

- **Going Up:** Step up with your stronger leg first, then bring the cane and weaker leg up to the same step.
 - **Going Down:** Place the cane on the step below first, then move your weaker leg down, followed by your stronger leg.
 - Use handrails if available.
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5. Sitting Down

- Back up until you feel the chair behind your legs.
- Hold the cane in one hand and use the other to grasp the armrest.
- Lower yourself slowly into the chair.

6. Standing Up

- Hold the cane in one hand and use the other hand to push up from the armrest or seat.
- Once standing, position the cane for walking.

7. Tips for Safe Use

- Walk slowly and avoid rushing.
- Wear sturdy, non-slip shoes.
- Watch for uneven surfaces or slippery areas.
- Replace worn-out rubber tips promptly.

Important

Speak with your healthcare provider or physical therapist to ensure proper cane use and to determine if a cane is the right mobility aid for your needs.