

Using a Cane

A cane helps to:

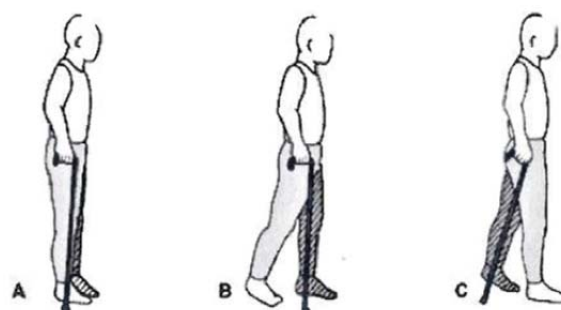
- Take weight off the joints in your legs and feet (up to 40%). This can improve your pain and help you to walk faster and for longer periods of time.
- Improve your balance.

How tall should my cane be?

Stand up and let your arms hang by your side. The top of the cane should reach your wrist.

How do I use my cane?

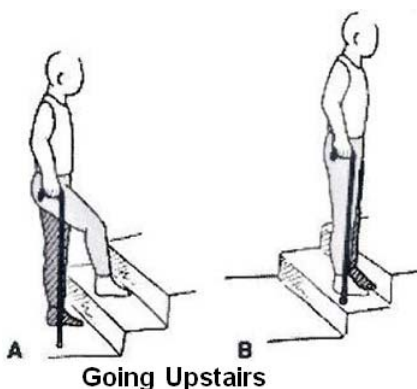
Hold your cane on the **opposite** side of the **sore** leg (A). When walking, move the cane forward and plant it with your sore leg. For example, your right hand and left leg move together (B). Keep the cane moving with your sore leg while you walk (C).



Walking with a Cane

How do I use my cane on stairs and curbs?

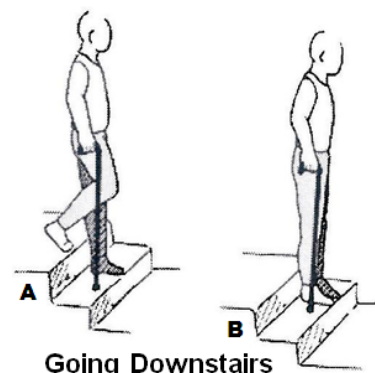
Face the curb or stairs. Go one step at a time. Hold on to a railing if possible.



Going Upstairs

When going up: Step up with your **strong** leg (A). Follow with your sore leg and cane (B).

When going down: Step down with your **sore** leg and cane (A). Follow with your strong leg (B).



Going Downstairs

What kind of cane should I buy?

Choose a sturdy cane with a comfortable handle. It should have a rubber tip that will not slip.

When should I use a cane?

It depends. Some people need a cane whenever they are on their feet. Other people will only use a cane on long walks or when they are on rough ground. Talk to your health care provider about what is right for you.