

# Canes

## Set Up

When properly adjusted, your cane should allow the elbow to bend slightly. A 30 degree angle is preferable.

You may also have the following accessories:

- Hand/Wrist strap (See picture)
- Cane parker
- Snow boot or ice pick cane tip (for snow and ice)

(Ask your provider for more information on these accessories).

## Using Your Equipment

- Most of the time your cane should be used on the opposite side of your injury so your weight is supported away from the weakness.
- Hold cane close to your body. Do not lean.
- Move cane and affected leg simultaneously; then move strong leg.
- Always use handrail when climbing stairs. Step up with your "strong leg" first. When going down stairs, step down with your "affected leg".
- Remove snow boot/ice pick tip indoors.
- If using a quad cane, keep cane legs away from your body. Quad canes come in both large and small sizes. Ask your provider what size might be appropriate for you.

## Maintenance

- Check tip(s) for wear. Replace when tread is worn.
- Replace handgrip if split or if grip becomes loose
- and turns on the handle.

## Frequent Replacement Items

- Rubber tips will need replacing depending on usage.
- Hand grips

## Safety Issues:

- Be aware of rough or uneven terrain.
- Watch for throw rugs and wood floors in your home. They are a change in terrain that may cause you to slip and/or lose your balance.
- Make sure your walking aid is on stable ground before use.
- Avoid wet or slippery surfaces if possible.