CANE WALKING INSTRUCTIONS SHEET

STANDING UP

1. Keep the cane directly in front of the chair and close enough to be within your reach to rise to stand if using a quad cane. If using a single point cane, use on strong side to push up.
2. Shift to edge of chair.
3. Keep strong leg positioned on floor under thigh and place hand from strong side onto chair.
4. With hand on cane (weak side) and hand on chair (strong side) push up to a standing position with weight on strong leg. (maintain balance with cane)
5. Grasp cane once standing is achieved.

WALKING

1. Place cane on your strong side so that you can push with your arm when stepping with the weak leg.
2. Step with the weak leg first and simultaneously move cane and push weight through upper extremity.
3. Have someone beside you to assist you with maintaining your balance until you are skilled enough to walk independently.

SITTING DOWN

1. Move back toward chair until chair is felt with back of strong leg.
2. With one hand on cane, reach back with free hand, lower body toward chair using free hand and cane to control descent into chair.

SAFETY

<table>
<thead>
<tr>
<th>INDOORS</th>
<th>OUTDOORS</th>
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<tbody>
<tr>
<td>1. Throw Rugs</td>
<td>1. Uneven pavement</td>
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<td>2. Visible cords</td>
<td>2. Loose gravel</td>
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<td>3. Small animals</td>
<td>3. Oil, or other substances</td>
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<td>4. Little children</td>
<td>4. During first minutes of rain</td>
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<td>5. Toys</td>
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<td>6. Wet tile/linoleum floors</td>
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HELPFUL HINTS

1. When turning with your cane, pivot slowly to avoid losing your balance.
2. Allow yourself plenty of time to get where you are going.
3. Take small steps, do not rush.

FITTING PATIENT WITH CANE

1. Height of cane should be adjusted so that the top of the cane is level with your wrist crease.
2. The angle of elbow flexion should be approximately 20 to 25 degrees.
INSTRUCTIONS FOR GOING UP AND DOWN STEPS AND CURBS WITH A CANE

GOING UP

1. Walk up to the step or curb placing the cane approximately 6 inches away from the step/curb.
2. Support yourself on your cane and step up onto the step with your good leg.
3. Using your good leg, bring the rest of your body and your cane up to the next step/curb that you just stepped up to.
4. Repeat procedure with steps.

GOING DOWN

1. Walk up close to the edge of the step or curb (4-5 inches), support your good leg.
2. Lower your cane and your injured leg down to the step or curb below.
3. With support on your cane, bring your good leg down to the step or off of the curb.
4. Repeat procedure with steps.

SAFETY

1. Always have another person with you to assist you with going up and down stairs, until you are able to use your cane without losing your balance.
2. Try to avoid using stairs, if possible.
3. Take your time. Do not rush.

HELPFUL HINTS

The rule to remember when going up and down steps or curbs is: “Up with the good and down with the bad”. This means you go with the strong leg first when walking up, and walking down, you go down with the cane and the weak leg first.