



The Fraser-Burrard
Hospital Society

Royal Columbian Hospital
Eagle Ridge Hospital
Ridge Meadows Hospital

Canes

How to use one easily and safely

*A cane is used when a person
needs minimal support for a
minor leg injury, leg weakness
or to assist balance.*

How to measure a cane:

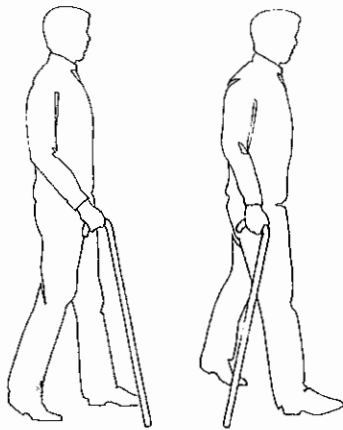
- standing upright and wearing shoes, let your arms hang loosely at your sides. The top of the cane should reach your wrist.

Precautions

- rubber tips should be in good repair and replaced when worn
- be cautious on wet or slippery surfaces

How to walk on a level surface:

- use the cane in the opposite hand to the weak or injured leg.
- when walking, the cane and the weak or injured leg move forward together.



- if using two canes, move both forward with the weak or injured leg.

- walk as normally as possible, with even and equal steps.

Stairs, curbs and slopes

Remember ...

Up with the good leg, down with the bad leg and cane.

- if there is a handrail, use it with one hand and the cane in the other

Going up stairs:

- strong or uninjured leg first, followed by the cane and the weak or injured leg.

Going down stairs:

- weak or injured leg and cane go down first, followed by the strong or uninjured leg.