

How to Use a Cane



Allina Health

**COURAGE KENNY
REHABILITATION
INSTITUTE™**

Walking With a Cane

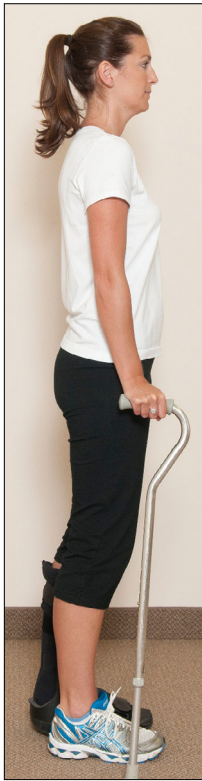
Hold the cane in the hand opposite your injured leg. If you are using a cane that has four prongs, put all four cane feet down at the same time.

■ Method No. 1

1. Place your cane ahead of your good leg.
Have it slightly out to the side.
2. Step ahead with your injured leg.
Place it opposite the cane.
3. Place your body weight on your injured leg and cane while stepping ahead with your good leg.

■ Method No. 2

1. Place your cane ahead of your good leg.
Have it slightly out to the side.
2. Step ahead with your injured leg and cane at the same time.
3. Place your body weight on your injured leg and cane while stepping ahead on your good leg.

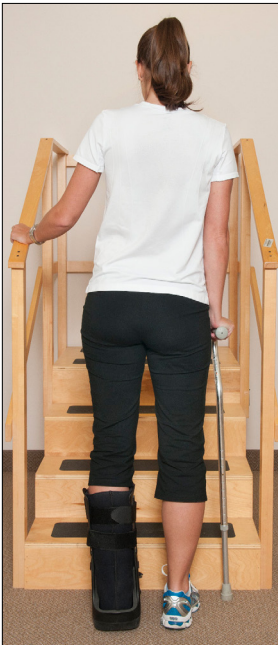


Walking Up Stairs

Use a handrail whenever you can.

1. Place your good foot on the first step up.
2. Straighten your good leg while bringing your injured leg up next to it.
3. Place the cane on the same step as your feet.
4. Repeat.

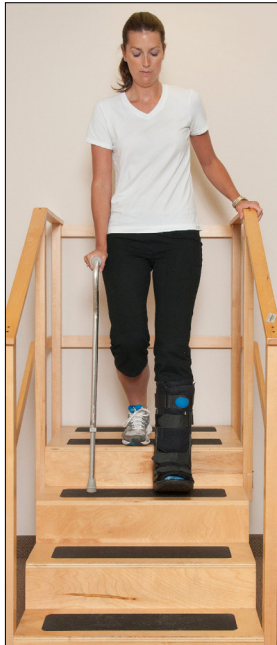
Remember: Lead with your good leg.



Walking Down Stairs

1. Place the cane and your injured foot on the first step down by bending your good knee.
2. Bring your good foot to the same step.
3. Repeat.

Remember: Lead with your injured leg.



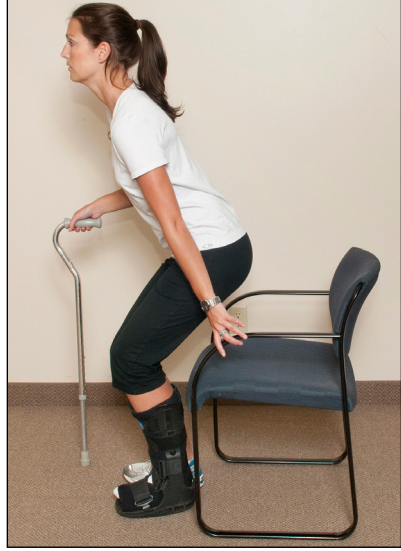
Getting Into a Chair

- Back up to the chair until the back of your legs touch the chair.
- Reach back for the arm rest with your free hand.
- Sit back into the chair.



Getting Out of a Chair

- Put one hand on the cane and your other hand on the arm rest.
- Scoot out to the edge of the chair.
- Push with your legs and hand on the arm rest until you are standing.



Cane Height

- Your cane height should be set so:
 - there is a slight bend in your elbow when you place your hand on your cane.
 - the cane comes up to your wrist when hanging your arm at your side.
- The way you will set the height depends on the type of cane:
 - Wooden standard canes may need to be cut.
 - Other canes are adjustable by pushing in buttons and moving the peg to the correct hole.
- Ask your physical therapist or doctor for help.



Tips

- Keep your cane close by so you have it when you need it.
- Remove throw rugs to keep from tripping.
- Take smaller steps when you are walking on ice and ramps.
- Try to keep your step lengths equal.



Notes



Notes



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