

Healthy aging it's your move!



USING A CANE SAFELY

Using a cane may be helpful if you experience any of the following:

Balance problems | Instability or weakness | Injury or pain in your legs

For older adults, using a cane may help you to be safer and more comfortable when you walk. Falls are the main reason that older adults lose their independence. Canes can help you stay independent longer.

Walking with a cane

- Hold the cane in your right hand if you are right-handed, and in your left hand if you are left-handed
- If you have a weak leg, hold the cane in the hand that is opposite to your weak leg

To measure your cane

Step 1: Turn the cane upside down and put the handle on the floor.

Step 2: Stand with your arms at your sides.

Step 3: The tip of the cane should be at your wrist level.

To adjust your cane

Wooden canes

1. With your cane upside down, mark the cane at your wrist level.
2. Remove rubber tip.
3. Cut the cane one half inch shorter than where you marked it.
4. Replace rubber tip.

Aluminum canes

Most aluminum canes can be easily adjusted within an inch of the desired height.

Tips to prevent slipping and falling when using a cane

- Replace worn rubber tips
- Attach an ice pick to the bottom of the cane in the winter

Going up the stairs with a cane

Step 1: Take the first step with your strong leg.

Step 2: Then move the cane and the weak leg to that same step.

Step 3: Repeat steps 1 and 2 until you reach the top.

Going down the stairs with a cane

Step 1: Take the first step down with the cane and the weak leg.

Step 2: Then lower the strong leg to the same step.

Step 3: Repeat steps 1 and 2 until you reach the bottom.

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