

Using a Cane *Safely*

Walking with a cane

- Normally, you should hold the cane in your right hand if you are right-handed
- If you have a weak leg, hold the cane opposite to the weak leg

Going up the stairs

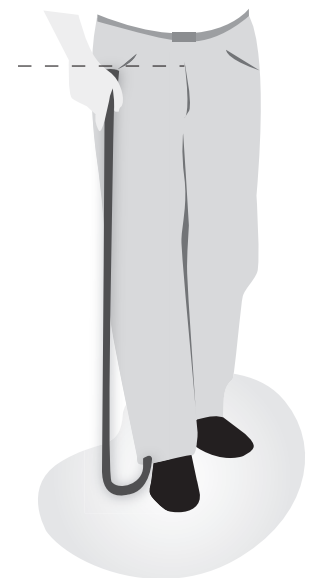
- Take the first step with your strong leg
- Then move the cane and the weak leg to that same step

Going down the stairs

- Take the first step down with the cane and the weak leg
- Then lower the strong leg to the same step

To measure your cane

- Turn the cane upside down and put the handle on the floor
- Stand with your arms at your sides
- The tip of the cane should be at the level of your wrist



HEALTHY AGING
it's your move!

For more information, please contact
York Region *Health Connection*

1-800-361-5653
TTY 1-866-252-9933


York Region



Using a Cane *Safely*

Safety tips

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

To adjust your cane

Wooden Canes

- When your cane is upside down, mark the cane at the level of your wrist
- Remove rubber tip
- Cut the cane 1/2 inch shorter than where you marked it
- Replace rubber tip

Aluminum Canes

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

Many stores that sell canes will adjust your cane even if it has not been bought there (see Hospital Equipment and Supplies in Yellow Pages).

HEALTHY AGING
it's your move!

For more information, please contact
York Region *Health Connection*

1-800-361-5653
TTY 1-866-252-9933

