

USING A CANE

WALKING WITH A CANE

- 1) Cane length should be adjusted so that when you are standing, the handle of the cane is at the level of your wrist.
- 2) Hold the cane on the side of your good leg unless directed otherwise by your physical therapist.
- 3) Begin by stepping forward with your operative leg and cane, keeping the two parallel to each other.
- 4) Next, step forward with your good leg, bringing it ahead of the operative leg and cane.

