



## Using your Cane in the Home

### A Guide for Patients in the Home

### Cane Basics

- A cane can help you remain safe and active.
- There are different types of canes. To be safe, **only use the cane that your health care provider recommends.**
- Ask your healthcare provider before using someone else's cane. It may not be safe for you.

### Avoid Slips, Trips and Falls by:

- Removing all throw rugs
- **Only** using your **cane** on stairs or escalators with help or after you have been properly **trained.**
- Securing oxygen tubing
- Securing or removing loose electrical cords
- Clearing all pathways to create enough room to walk
- Being extra careful around pets. *Consider having someone care for your pets while you recover.*
- Using extreme caution on broken or uneven pavement or ground



Straight Canes have a single tip and a hand grip

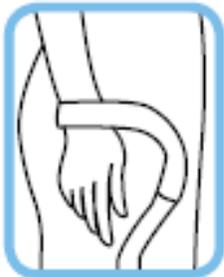


Quad Canes have 4 tips and a hand grip

**WORRIES AND CONCERNS? Physical Therapist are cane experts and can show you how to stay safe and on your feet. Ask your healthcare provider if PT is right for you.**

## Getting the Right Fit: How to Adjust Your Cane's Height

Before using your new cane, adjust the height to fit you. Ask for help if you feel unsafe or have trouble with these steps:



1. Stand tall with your cane on your 'good' side
2. Look straight ahead with your arm relaxed at your side
3. Your cane handle should come to the inside of your wrist

**\*\*\*IF YOU ARE USING A QUAD CANE\*\*\*:**



**Wider Side**

4. Make sure the wider side of the cane tips are are closest to your body.

## Instructions for use

1. Place your cane on your strongest side.
2. Move the cane and the opposite leg forward at the same time.
3. Step forward with your strong leg.
4. Repeat steps 2-3.