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.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.
☐ GOING UP STAIRS WITH A CANE
  o Grasp the hand rail with your free hand. Begin by raising your good leg up to the first step.
  o Bring your operative leg and cane together up to the same step. Keep your leg and cane parallel to each other.

☐ GOING DOWN STAIRS WITH A CANE
  o Approach the stairs and put your feet near the steps.
  o Place your cane on the first step down.
  o Place your operative leg on the first step down. Then bring your good leg to the same step.
  o Repeat above steps until you are at the bottom of the stairs.

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