

# HELPFUL INSTRUCTIONS

## **HOW TO USE A CANE PROPERLY** TO PREVENT FURTHER INJURIES



Using a cane when you have an injury can be very confusing at first. We want to ensure you are using it correctly. You don't want to fix one issue and have something else hurting because you're not holding your cane properly. This **HELPFUL INSTRUCTIONS** card will help you to learn how to adjust your cane to the proper height as well as how to walk with your cane to prevent unnecessary strain and injury.

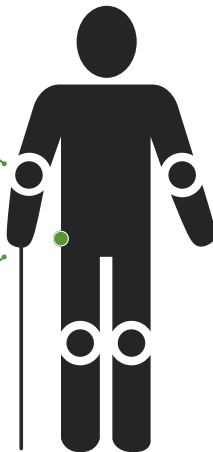
### PROPER HEIGHT

#### ELBOW ANGLE

Your elbow should be bent at a 20° angle

#### CANE HEIGHT

Just below your hip there is a bone that sticks out, your greater trochanter. This is where you want the top of the cane



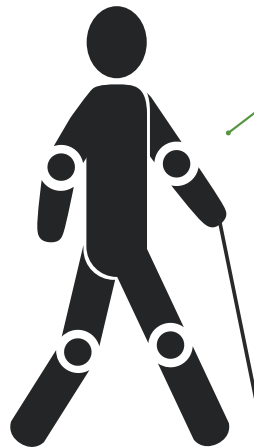
### HOW TO WALK

#### CANE

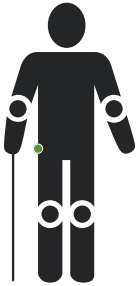
Your cane should be in the opposite hand of your injured leg

#### INJURED LEG

Your cane and your injured leg should move together



*Turn over this card for more information.*



## ADJUST THE HEIGHT

It is important to make sure your cane is the right height before you start using it. Most canes have a pin you can push in to change the height. Just below your hip there is a bone that sticks out called your greater trochanter. This is where you want the top of the cane. You should have a slight bend in your elbow, about 20 degrees. If the cane is too high, you might irritate your shoulder, and if it is too low, you might lean over too much.



## HOW TO WALK

The cane should be in the opposite hand of the injured side and should always move with the injured side. If the injured side goes forward, the cane goes forward for support. This is how our bodies naturally move. The cane should be for balance and safety, and if you feel like you are pushing really hard on it, or if you can't walk smoothly, then you probably are not ready for a cane just yet.

When we walk normally, our opposite arm swings forward with our opposite leg. When using a cane, you want the same technique so you don't risk injuring something else while you are recovering. Once you get the hang of it, it becomes very easy and natural.

## ADDITIONAL WALKING AIDS

Is the cane working for you? Are you ready to use a cane yet? ARMAC offers many types of walking aides. If you are interested in learning more about our additional walking aides, give us a call at 888.422.3044 or visit our website, [www.armac.us](http://www.armac.us).



**CALL US TODAY! 888.422.3044**