

Using a Cane

Walking with a Cane

1. Adjust the cane length 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 your physical therapist has told you otherwise.

3. Begin by stepping forward with your injured or weak leg and cane, keeping the two in line with each other.



4. Step forward with your good leg, bringing it ahead of your injured or weak leg and cane.



Adeegsiga bakoorada

Ku socodka bakoorada

1. Bakoorada ku qiyaas dhererkeeda markaad taagan tahay. Dhererkeedu waa inuu ku beegnaadaa gacantaada.



2. Ku qaado bakoorada dhinaca lugta kuu roon labada, haddii aanu si kale kuugu sheegin gargaarahaaga fisooterabigu.

3. Ku bilow tallaabada inaad hore u dhaqaajiso lugta dhaawacan ama itaalka daran iyo bakoorada, adigoo isku beegaaya labadaas.



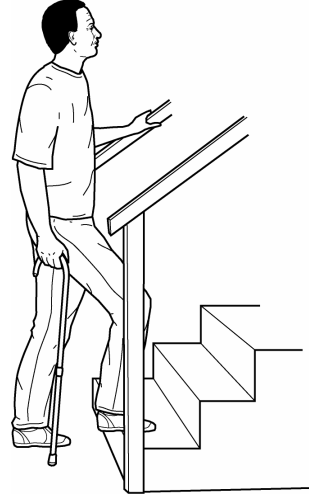
4. Tallaabo hore ugu qaad lugta kuu fiican, adoo dhigaya lugta dhaawacan horteeda iyo bakoorada.



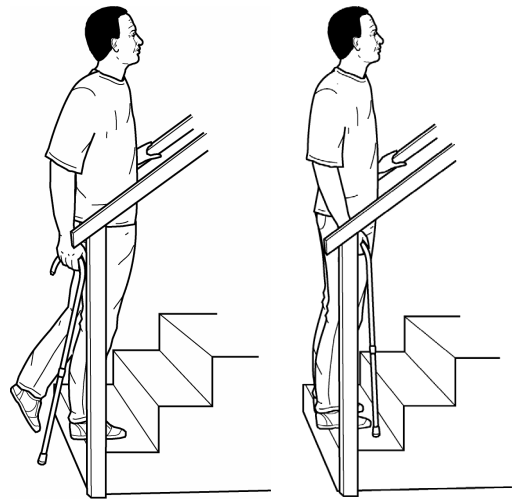
Going Upstairs with a Cane

Take your time and go slowly. Have someone stand behind you to help the first time.

1. Grasp the handrail with your free hand. Begin by raising your good leg up to the first step.



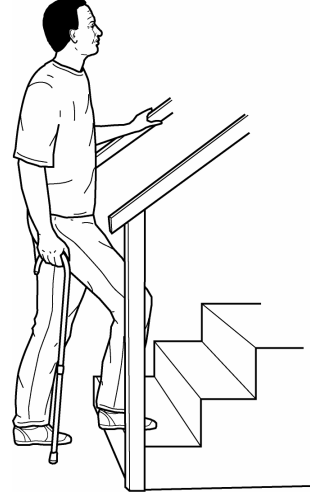
2. Bring your injured or weak leg and cane together up to the same step. Keep your leg and cane in line with each other.



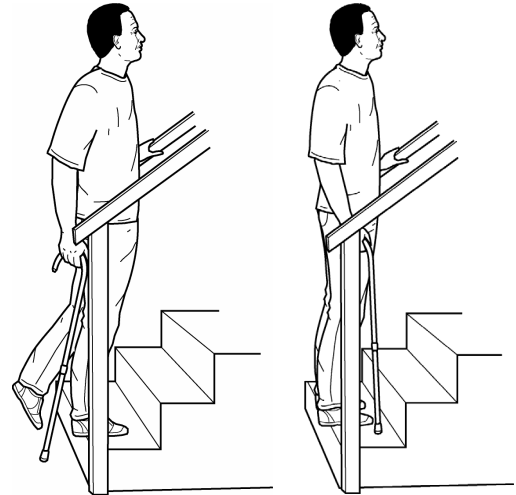
Ku korista sallaan ee bakoorada

Ha degdegin e qaado waqtiga aad u baahan tahay oo dhan. Marka u horreysa waa inaad haysataa qof iskaa daba taaga oo ku caawiya.

1. Qabso kaabaha sallaanka adoo adeegsanaya gacanta ku bannaan. Ku bilow inaad sare u qaaddo lugta kuu caafimaadka qabta marka hore.



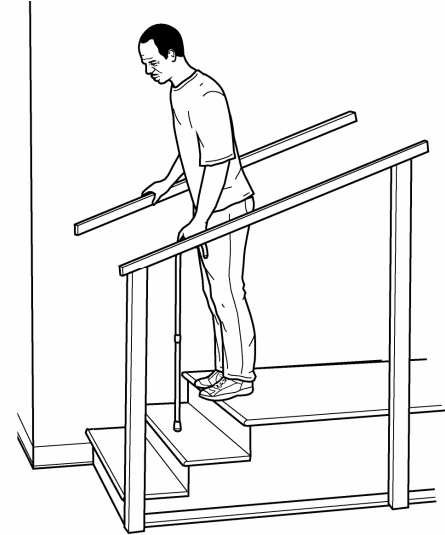
2. Sare u qaad lugta dhaawacan amase itaalka daran iyo bakoorada adoo mar wada qaadaya. Ha isku sinnaadeen markasta lugta dhaawacan iyo bakoorada.



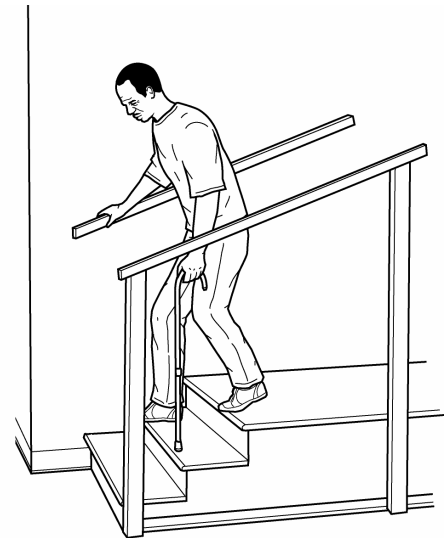
Going Downstairs with a Cane

Take your time and go slowly. Have someone stand in front of you to help the first time.

1. Put your feet near the steps and place your cane on the first step down.



2. Step down first with your injured or weak leg. Bring your good leg to the same step.



3. Repeat until you are at the bottom of the stairs.

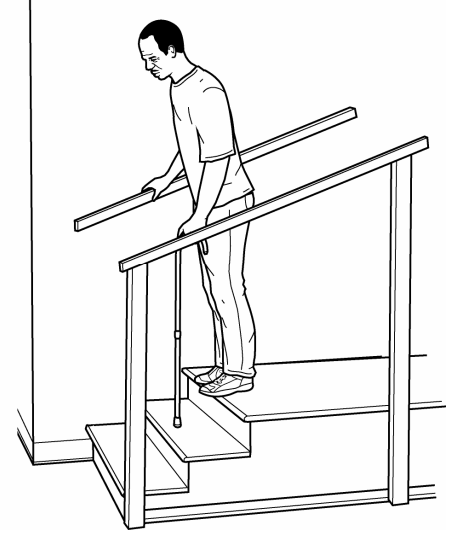
When using a cane to go up and down stairs, it is helpful to remember, “**Up with the good and down with the bad**”.

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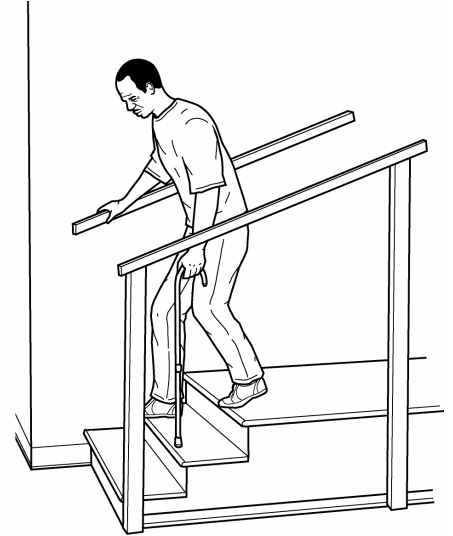
Ka daadegista sallaanka adoo bakooraad sita

Ha degdegin ee qaado waqtigaad u baahan tahay oo dhan. Marka ugu horraysa waa inaad heshaa qof iskaa hor taaga oo ku caawia.

1. U dhawee lugahaaga jaranjarrada dabadeed dhig bakooraadda jaranjarada kowaad.



2. Kusoo daadeg marka hore lugta dhaawacan. Usoo deji markaa lugta caafimaadka qabta isla jaranjaradaas.



3. Ku celceli sidaas ilaa aad gaadho jaranjarada ugu hoosaysa.

Markaad adeegsanayso bakooraad, si aad u korto ama uga soo degto sallaan, waa inaad xasuusnaataa **“Sare waa ta fiican, hoosna waa tax xun”**.

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