

# 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.

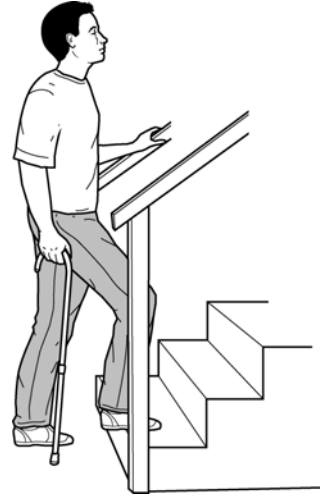


4. Step forward with your good leg, bringing it ahead of your injured or weak leg and cane.

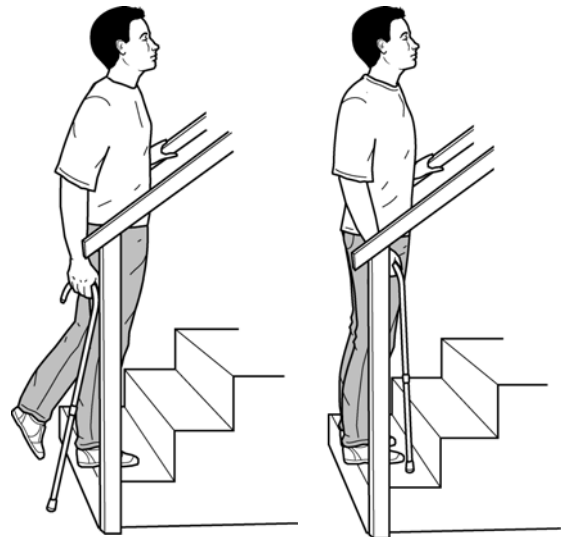
## Going Upstairs with a Cane

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.



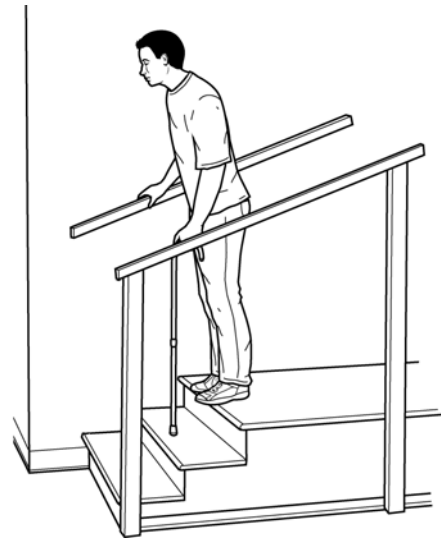
2. Bring your injured or weak leg and cane together up to the same step. Keep your leg and cane in line with each other.



## 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**”.