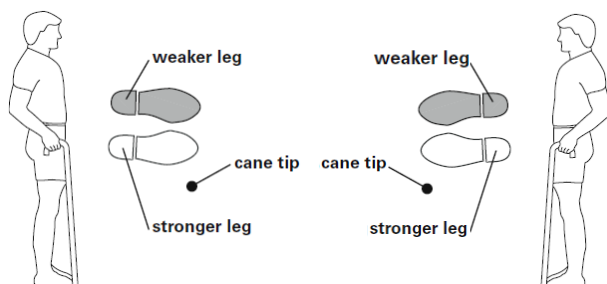


Walking with a Cane

Follow the steps listed below when you walk with a cane.

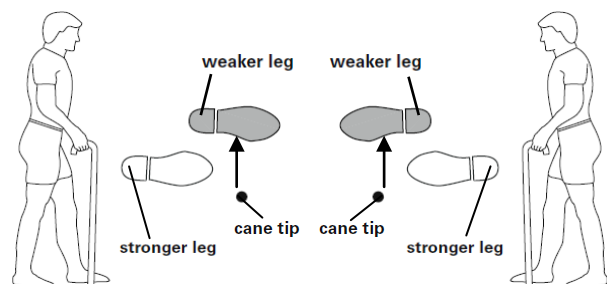
1. Hold the cane in your _____ hand.

- The top of the cane should be at the level of your hip bone. Keep your elbow slightly bent.
- The tip of the cane should be next to the toes of your stronger foot.



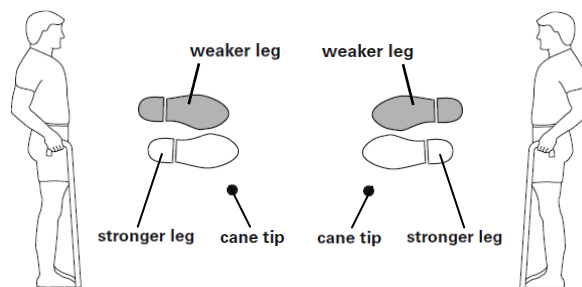
2. Move the cane and take a step with your _____ foot **at the same time**.

- The tip of your cane should end up on the ground directly across from the instep of your weaker foot.



3. Support your weight on the cane and your _____ leg while you step forward with your _____ leg.

- Make sure that your cane is firmly on the ground before taking a step.



4. Repeat steps 1-3.

Helpful Hints:

- Take “normal” sized steps when walking.
- Take small steps when making turns.
- Check the tip of your cane to make sure that the rubber is not torn, worn or uneven. You can buy new tips at a drug store or a medical supply store.