

FOLLOW THIS GUIDE TO MAKE SURE YOU ARE USING A WALKING AID CORRECTLY

When used in the right way, a walking stick or a cane can improve your balance and ease pressure on painful joints. Used incorrectly, a walking stick or a cane may increase your risk of falling which could lead to injuries. You can get it right if you follow these simple steps:

FINDING THE RIGHT HEIGHT

To find out the right height for your stick, you need to stand up and relax your arms by your side. The position of the outside of your wrist bone should be at the same height as the top of the handle of the walking stick. This will help reduce the pressure on your upper body.

USING YOUR STICK ON THE OPPOSITE SIDE

The tendency is to use the stick on your weak side, but this will make you lean and put pressure on the painful side. Using the stick on the opposite side of your injury allows you to put more weight to the stronger side and get help with the weak side.

HOW TO WALK CORRECTLY WITH A STICK

Move the stick or cane at the same time with the weak or injured leg. This helps the body to share the weight. Your opposite foot and the walking stick should hit the floor at the same time as you walk forward. Then step forward through the middle onto the stronger leg. It may take lots of practice but getting into a habit of walking correctly helps you get smooth and even steps reducing stress on the rest of your body.

TACKLING STAIRS

Walking up the stairs, use stronger leg to step up and follow with the weaker leg and the stick to help you push up. When going down the stairs, step down with the weaker leg and the stick, this way the stick helps taking weight off the painful side.

MAINTAINING GOOD POSTURE

It is important that you keep your back as straight as possible. Try not to lean too far on one side or too far forward. Do not overextend your arm and only swing the stick in front of you as far as your leg would normally reach.

USE & MAINTENANCE

To unfold the stick remove the D clip from around the stick and gently shake holding the handle until all sections are connected. You can then adjust the height by loosening the ring and pressing in the silver button, sliding the stick to the correct height. To Fold the stick back up complete in reverse, making sure to reset the height before gently folding each part of the stick and attaching the D clip round it.

To clean simply wipe the stick with a dry cloth and the rubber foot with a damp cloth.