



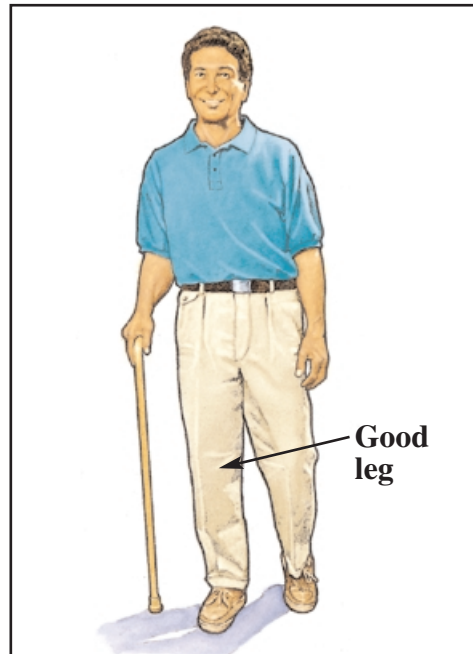
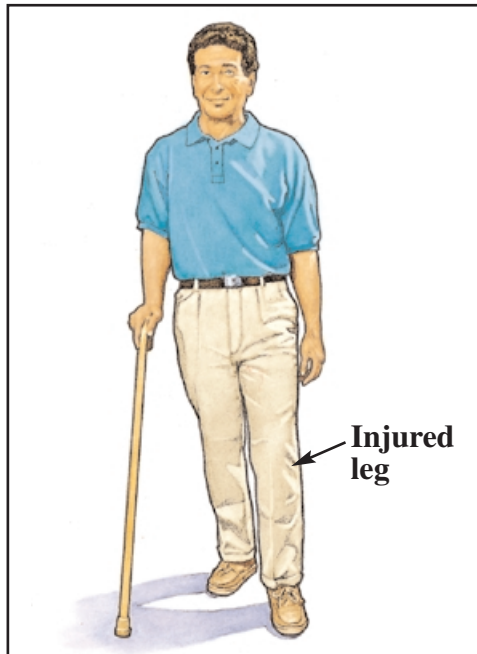
## Using a Cane

A cane can give you the extra help you need to get around. Several kinds of canes are available. Your doctor or physical therapist can help you decide which kind is best for you. To use a cane safely, follow the tips below. Always use your cane on the side **opposite** your injured leg.

### Walking With a Cane

**1** Put all your weight on your good leg. Then move the **cane and your injured leg forward**.

**2** With your weight supported on your cane and your injured leg, **step through with your good leg**.



### Precautions:

- Wear sturdy, low-heeled shoes with nonskid soles to help prevent falls.
- Remember to be very careful on wet floors and sidewalks.
- Plan extra time to get around. Stop and rest often.
- Keep the cane away from your feet so you don't trip.
- Watch out for objects underfoot. Remove throw rugs. Keep electrical cords out of the way. Tuck in the corners of bedspreads.

### Using Stairs and Curbs

- To walk **up** stairs and curbs, step up with your good leg first, then follow with the cane and your injured leg.
- To walk **down**, step down with the cane and your injured leg first, then follow with your good leg.

### Notes