

## Cane: Wooden, Adjustable and Quad

*These instructions are guidelines only. Use only as instructed by your healthcare provider.*

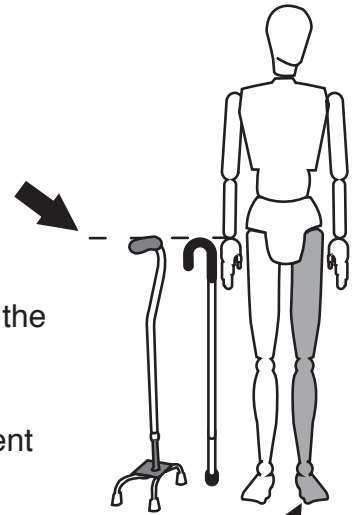
### What are Canes Used For?

Canes are used for support when walking.

### How Do I Adjust The Cane?

- The cane should be adjusted so the top of the cane is level with the crease of the wrist when your arm is hanging loosely at your side (Figure 1). Measurements should be taken with your shoes on.
- To adjust the cane, push the spring button in and lengthen or shorten the cane to the correct height.
- Tighten the collar if present.

**!** **WARNING** Ensure that the spring button is fully engaged in the adjustment hole, and the collar is tight.



Weaker leg

Figure 1:  
Correct sizing

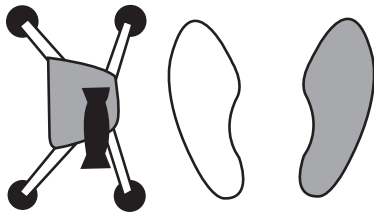


Figure 2: Left-hand use

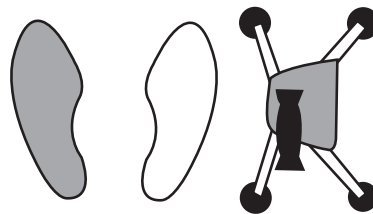
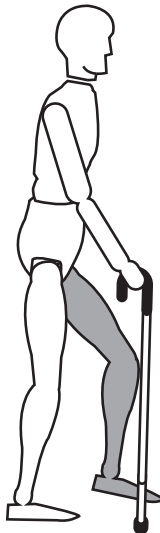


Figure 2: Right-hand use

### How Do I Use The Cane?

- Quad canes are to be used with the protruding legs pointing away from the body (Figure 2). If the protruding legs are on the wrong side, call the Red Cross.
- Hold the cane in the hand opposite to the weak, painful or injured leg (Figures 1 & 2).
- Move the cane and the weaker leg forward together. Keep your elbow close to your body (Figure 3).
- Walk as normally as possible, with even and equal length steps. Walk slowly until you are confident.

Figure 3: Move cane forward with weaker leg



## On Stairs:

### Walking Up Stairs (Figure 4)

- Stand close to the first step.
- Step up with the stronger leg. Place this foot securely on the first stair.
- Lean forward while stepping up to the first step with the weaker leg and the cane.

### Walking Down Stairs (Figure 5)

- Step down with the cane and weaker leg.
- Next, step down to the same step with the stronger leg.
- Remain erect, bending forward as little as possible.

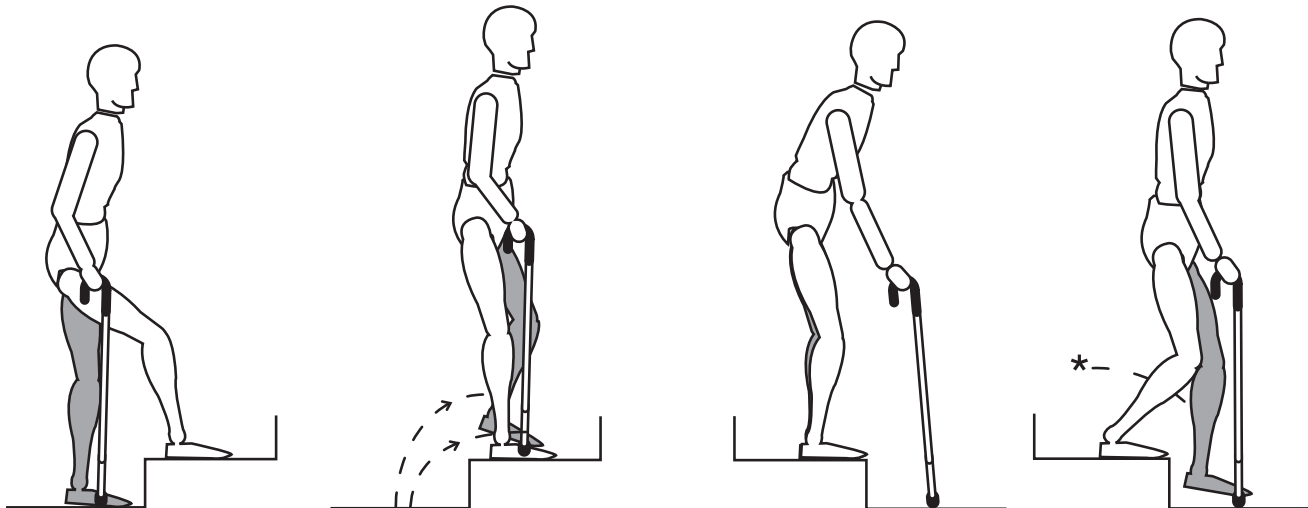


Figure 4: Walking up stairs

Figure 5: Walking down stairs



**WARNING** Avoid all potential safety hazards, including slippery, uneven or soft surfaces and objects in your path. If walking on wet surfaces, ensure that the cane is kept as upright as possible.



**WARNING** People providing you with assistance should hold on to your belt or waistband, not your arm.

### How Do I Care for the Cane?

- Clean the hand grip with a mild soap, detergent or household cleaner. Do not use solvents, such as acetone, lacquer thinner, lighter fluid or turpentine.

Please ensure that equipment returned to the Red Cross is clean and in good condition.

