

## Getting Around Safely With Your Cane

### General Tips and Instructions

- The cane should be held on the non-surgical/ non-injured side
- Use your cane for all walking and standing activities until your therapist instructs you otherwise
- Wear appropriately fitted, low-heeled shoes. Do not wear slippers or high heels
- Be aware of your surroundings while walking- this includes uneven surfaces, rugs, wet floors etc.

### Set Up and Fitting:

- Standing up straight with your arm at your side, the cane handle should align with the inside of your wrist

### Standing Up:

1. Scoot forward in the chair to make it easier to stand
2. Hold the cane in your hand, on the side of the non-surgical/non-injured leg
3. Place both feet flat on the ground and place both hands on the armrest (or seat) of the chair
4. Lean forward at your hips, tighten your core muscles and then push down through both hands and both legs in order to stand



### Sitting Down:

1. Position yourself so that the backs of your legs are touching the chair
2. Hold the cane in your hand, on the side of your non-surgical/ non-injured leg
3. Reach back with both hands until you feel the armrest (or seat) of the chair
4. Slowly lower yourself into the chair



### Walking:

1. Start with the cane 1-2 inches outside of your non-surgical/ non-injured foot
2. Advance the cane and surgical/injured leg forward 6-12 inches at the same time
3. Step your non-injured leg forward, in front of the cane and surgical/ injured leg.



### Going Up Steps/ Curbs:

1. If there is a handrail, hold onto it and use the cane in the opposite hand.
2. Step up with your non-surgical/ non-injured leg up first
3. Bring the cane up to meet your non-surgical/non-injured leg
4. Lift your surgical/injured leg up onto the step.
5. Repeat this pattern until you have reached the top



### Going Down Steps/ Curbs:

1. If there is a handrail, hold onto it and use the cane in the opposite hand.
2. Lower the cane down onto the step below
3. Bring the surgical/ injured leg down first
4. Then bring down your non-surgical/ non-injured leg
5. Repeat this pattern until you have reached the bottom

