

Cane: Adjustable and Quad

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

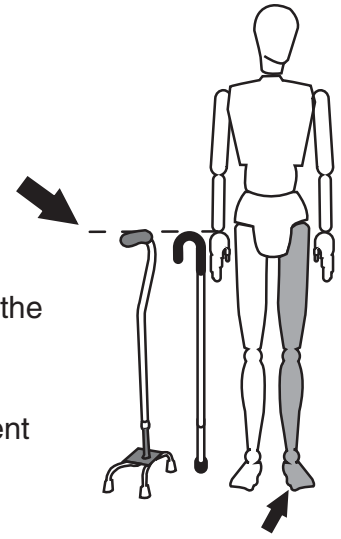
What are Canes Used For?

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.



Injured/weaker leg
Figure 1:
Correct sizing

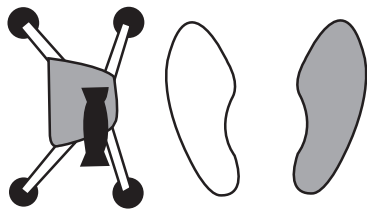


Figure 2: Left-hand use

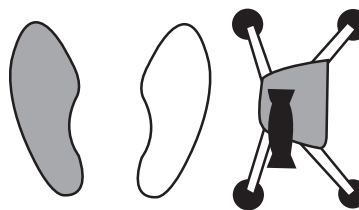


Figure 2: Right-hand use

How Do I Use The Cane?

- Whether a standard adjustable cane or quad cane, the equipment should be used on the side of the body opposite to the injured/weaker side (see Figures 1 & 2)
- 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, depress the height adjust spring buttons and turn the base 180 degrees until the protruding legs are facing away from the body when the cane is on the side opposite the injured/weaker side. Ensure the spring button locks and protrudes fully through the hole before use. If you have any issues contact the Red Cross.
- Move the cane and the injured/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 injured/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 injured/weaker leg and the cane.

Walking Down Stairs (Figure 5)

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

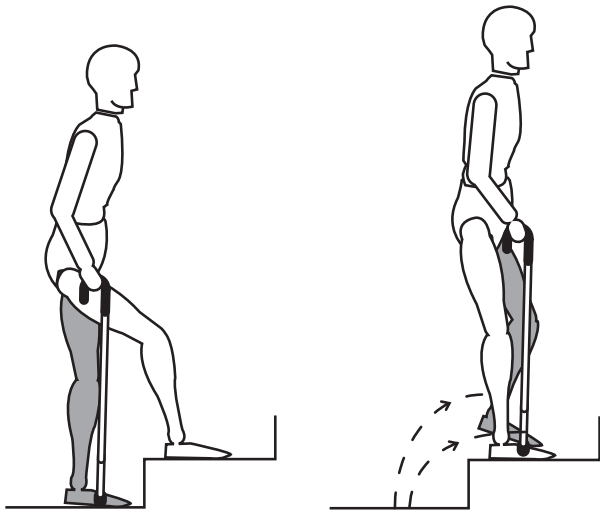


Figure 4: Walking up stairs

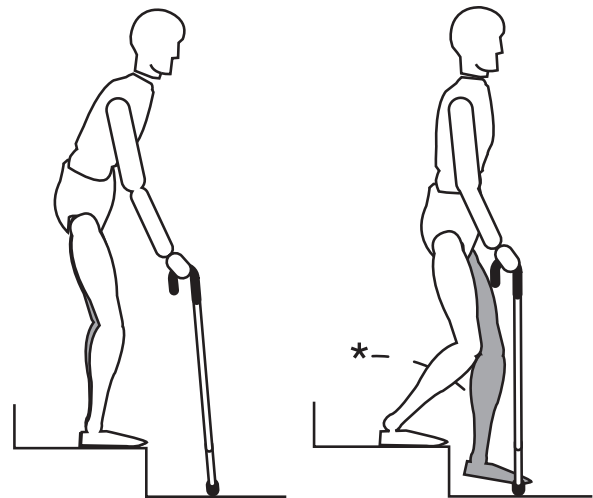


Figure 5: Walking down stairs

! **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.

