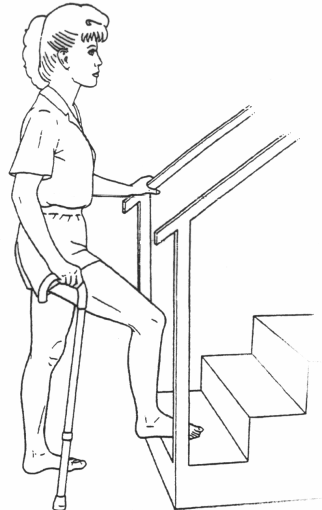


Instructions For Using A Cane

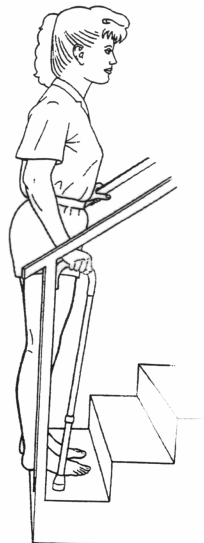
General Tips for Cane Use

1. Cane Length: when standing up straight with cane at your side, the handle should be at the level of your wrist.
2. When walking, hold the cane on your side and bring forward as you step with your _____ leg.



Using a Cane on Stairs

1. Step up first with your good leg__
2. Then bring up your weaker/operative leg and cane together to the same step
3. When coming down the stairs first bring down the cane and your weaker/operative leg and then bring your good leg down to the same step.



"General Rule to Remember on Stairs"

Up with your good leg first and down with your bad leg first