

BLUE Sheets - Basic Lessons for Understanding Equipment Canes

Patient: M|SITE.SHIP_TO_NAME

Patient ID: M|CUSTOMER.PATIENT_ID

Model #:

Serial #:

Date: M|C|CURRENTDATE

Setting Up Your Equipment

- When properly adjusted, your cane should allow the elbow to bend slightly. A 30° angle is preferable.
- You may also have the following accessories:
 - Hand/Wrist strap (See picture)
 - Cane parker
 - Snow boot or ice pick cane tip (for snow and ice)

(Ask your provider for more information on these accessories.)



Using Your Equipment

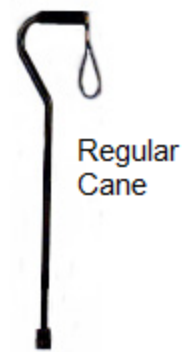
- Most of the time your cane should be used on the opposite side of your injury so your weight is supported away from the weakness.
- Hold cane close to your body. Do not lean.
- Move cane and affected leg simultaneously; then move the strong leg.
- Always use handrail when climbing stairs. Step up with your "strong leg" first. When going down stairs, step down with your "affected leg".
- Remove snow boot/ice pick tip indoors
- If using a quad cane (Diagram 1), keep cane legs away from your body. Quad canes come in both large and small sizes, ask your provider what size might be appropriate for you.



Quad
Cane



Folding
Cane



Regular
Cane

Maintenance

- Check tip(s) for wear. Replace when tread is worn.



- Replace handgrip if split or if grip becomes loose and turns on the handle.



Safety Issues

- Be aware of rough or uneven terrain.
- Watch for throw rugs and wood floors in your home. They are a change in terrain that may cause you to slip and/or lose your balance.
- Make sure your walking aid is on stable ground before use.
- Avoid wet or slippery surfaces if possible.

Frequently Replaced Items

- Rubber tips will need replacing depending on usage
- Hand grips



**** Please contact your equipment provider for any questions, adjustments, or repairs. ****

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