

EQUIPMENT SAFE USE GUIDE

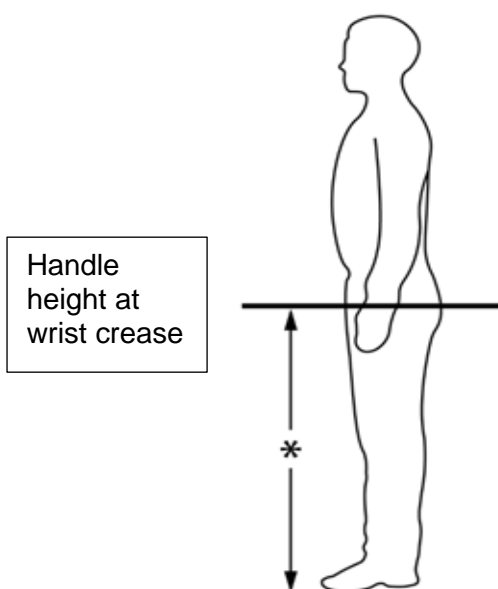
Walking Stick

This is a general guide, to be used together with advice from a physiotherapist or relevant health professional. Speak to a health professional for individual advice on how to choose the right walking aid and use it safely.



Your stick may be slightly different from the sticks in this picture.

How to make the stick the right height for you:



- ◆ Stand up straight with your shoes on and your arms relaxed by your side.
- ◆ Adjust the height so that the handle of the stick is at the level of the crease of your wrist.
- ◆ To adjust the height, push in the button to slide up or down to the appropriate notch.
- ◆ After adjusting the height, check that all adjustment buttons click into place.
- ◆ When you place your hand on the handle of the stick, your elbow should be slightly bent.
- ◆ As your stick may be different, please speak with a relevant health professional, or follow information from the manufacturer.

How to use your walking stick:

- ◆ A walking stick is usually held on the same side as your stronger leg, but your condition and preference may be different.
- ◆ **To stand:** Rest the stick close to you. Push from the chair or bed with both hands to stand up.
- ◆ **To walk:** The stick is usually moved forward at the same time as your opposite leg, then the other leg follows.
- ◆ **Stairs:** Hold a rail if possible. Take one step at a time. When going up the stairs, lift your stronger leg up first, then your weaker leg and the stick. When going down the stairs, move your stick down first, then your weaker leg, then your stronger leg.
- ◆ **To sit:** rest the stick close to you. Put both hands back on the chair or bed before you sit down.
- ◆ As your situation may be different, ask a physiotherapist or relevant health professional for advice on how to use your stick safely.

Safety:

- ◆ Check the safe user weight limit before using the stick.
- ◆ Have someone help you until you feel safe and confident.
- ◆ Walk at a comfortable pace and turn slowly.
- ◆ Be careful when walking over uneven or wet ground.

How to look after your walking stick:

- ◆ If the stick appears damaged do not use.
- ◆ Make sure rubber stoppers are attached securely.
- ◆ Replace rubber stoppers if worn or damaged.
- ◆ To clean – wipe with a mild detergent.

Watch the CEC Safe Use Mobility Aids Video: <https://www.youtube.com/watch?v=4RB7OZ5KVyk>

Acknowledgements: NSLHD and CCLHD Community Falls Prevention Committees. Royal Rehab.