

Information for patients, family and visitors

EQUIPMENT SAFE USE GUIDE – WALKING STICK

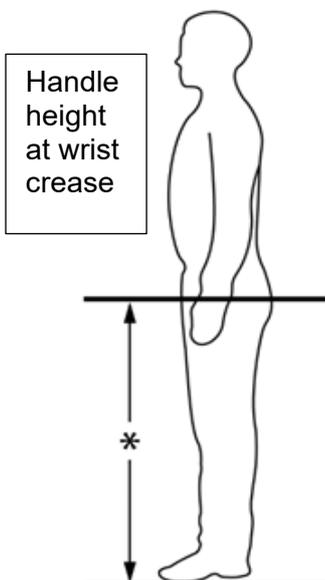
Walking Stick



This is a guide to use with advice from a physiotherapist or health professional. Speak to your health professional for advice on how to choose the right walking aid and use it safely.

Your walking 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 by your side.
- ◆ Set the height so that the handles of the stick are at the level of the crease of your wrist.
- ◆ To set the height, push in the button on each leg and slide up or down to the nearest notch.
- ◆ After setting the height, check that all buttons click into place.
- ◆ When you place both hands on the handles of the stick, your elbows should be slightly bent.
- ◆ As your stick may be different, speak with your health professional or follow advice from the manufacturer.

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How to use your walking stick:

- ◆ The stick should go on the same side as your stronger leg, but your case 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:** Move the stick forward at the same time as your opposite leg, then the other leg follows.
- ◆ **Stairs:** Hold a rail if you can. Take one step at a time. When going up stairs, lift your stronger leg first, then your weaker leg with the stick. When going downstairs, 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 case may be different, ask a physiotherapist or your health professional 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 ready.
- ◆ Walk at an easy 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 it.
- ◆ Make sure rubber stoppers are attached firmly.
- ◆ Replace rubber stoppers if worn or damaged.
- ◆ To clean wipe with a mild soap.

Use the QR code to watch the CEC safe use of walking stick video.

