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Proper Use Of A Cane

The cane should be held in the hand opposite the weak or injured side. The cane is advanced forward with the injured or affected limb.

Step One

Put all your weight on your good leg. Then move the cane and your injured leg a comfortable distance forward.

Step Two

With your weight supported on both your cane and your injured leg, step through with your good leg.

The cane and your injured leg move at the same time and are placed on the ground at the same time.

A cane helps to absorb or take the body weight when necessary for mobility during partial weight-bearing periods. They also increase the person's security and balance by increasing the base of support.