



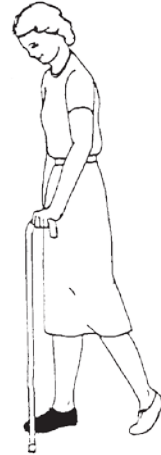
Cane Instructions

Walking:

- The cane should be on the **opposite** side of your **weak** leg.
- Move the **cane first**.
- Then step with your **weak** leg.
- Your **strong** leg goes **last**.

The sequence for walking is:

Cane – Weak leg – Strong leg



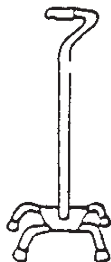
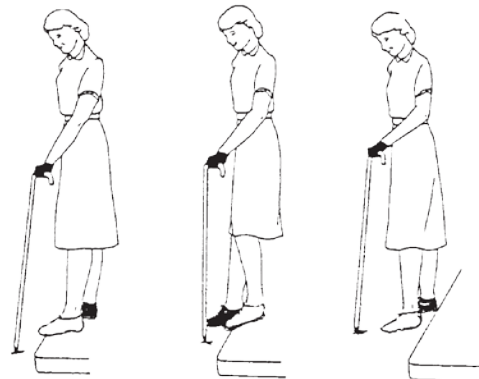
To go up stairs/curbs:

1. Walk to the edge of the step or curb.
2. Hold on to hand rail (if there is one) with your free hand.
3. Step up with the **strong** leg.
4. Then move the cane up onto the step/curb.
5. Your **weak** leg goes **last**.



To go down stairs/curbs:

1. Walk to the edge of step or curb.
2. Place cane on lower step.
3. Follow with **weak** leg.
4. The **strong** leg steps down **last**.



This is another kind of cane.
Use it the same way.