Offset Handle Cane

Fit, walking, and care guidance for your cane



APPLICATION

- If the injury is on the right side, use the cane in your left hand; if the injury is on the left side, use the cane in your right hand.
- Place your hand by your side with a slight bend of the elbow.
- When standing up straight, the top of the cane should reach the crease in your wrist.
- Adjust the cane height by pushing in the button and pulling the bottom of the cane.

WALKING INSTRUCTIONS

- Set the cane about one small stride ahead of you and step off on your injured leg.
- Finish the step with your good leg.

STAIRS

- Place the cane in the hand opposite your injured leg.
- With your free hand, grasp the handrail.
- Step up on your good leg first, then step up on the injured leg.
- To come down the stairs, put your cane on the step first, then your injured leg, then your good leg, which will carry the body weight.

CARE

- Wipe off any dirt or grime with a wash cloth and warm, soapy water.

Note: *If you feel unsteady, dizzy, or experience increased pain while using your cane, stop and contact your healthcare provider.*