



CANES Provide physically impaired or unsteady patients with safety, exceptional stability, and confidence during ambulation.

There are many different types of canes like wood, aluminum, folding, and adjustable. Binson's maintains an inventory of most types. Most canes can only support weights of up to 300 pounds. If a heavier duty cane is needed, please let us know.

Some have offset handles to position the line of force through the shaft and cane tip. This improves leverage and stability in gripping and weight bearing. They can come with a pistol grip, derby or crook handles, and some even come with wrist straps. Quad canes offer additional stability for greater balance and safety and are available with either a large or small base.

PROCEDURE TO MEASURE PATIENT & DETERMINE GAIT:

- A. Have person stand in a full upright position. The cane/walking aid should be adjusted to the height necessary when wearing shoes you will be wearing while walking with the cane or walking aid.
- B. The top curve or handle should be approximately at the hip joint and the elbow will be slightly bent (20-30 degree angle).
 - 1) Wood canes may be cut to fit.
 - 2) Adjustable canes have spring-loaded pins for adjustment and locking silencer for rattle free use.
- C. Patient should use cane on the opposite side of the weakness.
- D. When walking, cane and bad leg first (with weight primarily on cane) then bring good leg through.
- E. There may be cases in which both legs are weak or patient prefers to use cane on affected side.
- F. Your physician or therapist may specify changes to this basic technique. When using a quad cane, the base needs to be turned so that the narrow of flush side is faced toward the body. Never negotiate stairs without consulting your physician.
- G. When utilizing your walking aid for assistance in standing from a seated position, both feet should be firmly planted on the floor. The walking aid must be in your good hand. Push up on the armrests to a standing position.

SAFETY: Use extra caution for mobility risks and risks of falling, including:

- A. **Poor Lighting:** Use of nightlights, flashlight by bedside, lamps or light switch that can easily be reached.
- B. **Poor Walk Spaces:** Fix loose floorboards, paint uneven floors, use wet floor signs, keep snow and ice cleared from entrances, ensure carpet is firmly attached to stairs, do not walk in stocking feet, and remove loose rugs, clutter, cords, and excess oxygen tubing (when applicable).
- C. **Equipment:** Replace worn or cracked walkers, crutches and cane tips; use colored oxygen tubing on light carpet; tighten loose handrails.
- D. **Bathroom:** Install grab bars, use bath mats with suction cups, and use elevated toilet seat.
- E. **Medications:** Be aware of medications that may cause dizziness, drowsiness, and unsteadiness.

MAINTENANCE:

- A. The rubber tips are very important and should be inspected regularly. Worn or damaged tips must be replaced immediately. Binson's carries a variety of inexpensive cane tips.
- B. The handgrip should also be checked for movement, if applicable, on a regular basis and replaced if damaged.
- C. Wood canes should be stored in a cool, dry place to prevent damage.