

How to adjust and use walking aids



HOW TO ADJUST WALKING AIDS

CRUTCHES

To adjust crutches:

- Stand up straight.
- Have your feet slightly apart.
- Wear low-heeled shoes.
- Place your crutches approximately 15 cm (6 inches) from your feet. (A)
- There must be room for 2 or 3 fingers between the top of the crutches and your underarms with your shoulders relaxed. (B)
- The handgrips should be at wrist height with your arms hanging alongside your body. (C)



CANE AND WALKER

To adjust the height of a cane or walker:

- Stand up with your arms alongside your body.
- Wear low-heeled shoes.
- The handgrip(s) must be at wrist level.



HOW TO USE CRUTCHES

WALKING

- 1 Advance your operated leg at the same time as your crutches.
- 2 Always take a normal step with your healthy leg.
- 3 Always be very careful on wet surfaces.



GOING UP STAIRS

For each stair:

- 1 Raise your healthy leg first.
- 2 Then raise your crutches and operated leg at the same time.



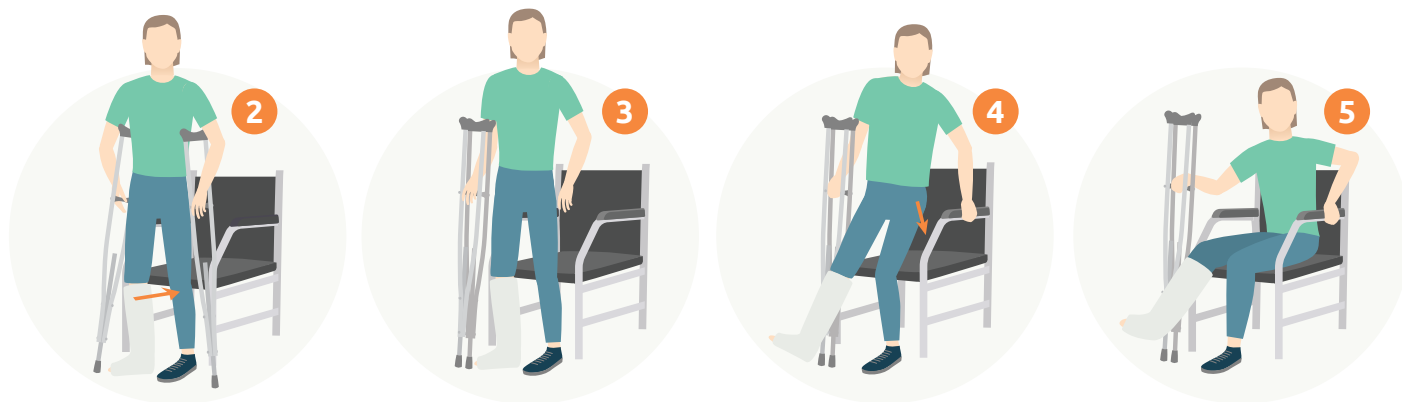
GOING DOWN STAIRS

- 1 Start with your crutches and both legs on the same stair.
- 2 Lower your crutches and operated leg first.
- 3 Then lower your healthy leg.



SITTING DOWN ON A CHAIR

- 1 Make sure that the chair is stable.
- 2 Touch the chair with the back of your healthy knee.
- 3 Take your crutches out from under your arms and hold them on your operated side.
- 4 Use your hand on your healthy side to lean on the chair; use your other hand to support yourself on the crutch handgrips.
- 5 Stretch your operated leg forward, then sit down.



GETTING UP FROM A CHAIR

- 1 Slide forward to the edge of the chair.
- 2 Place your healthy foot a little underneath the seat.
- 3 Take both crutches in your hand on your operated side.
- 4 Use your hand on your healthy side to lean on the chair.
- 5 Stretch your operated leg forward.
- 6 Stand up with one hand on the crutch handgrip and the other on the chair.
- 7 Stand up with both crutches on your operated side.
- 8 Place one crutch under each arm, touching your rib cage.



HOW TO USE A CANE

(single or quad)

USING A CANE

- 1 When walking, hold your cane approximately 15 cm (6 inches) from your healthy side.
- 2 Always advance your cane at the same time as your operated leg. The cane must never be ahead of your foot.
- 3 The cane must always have good contact with the ground to prevent falls.



WALKING WITH A CANE

- 1 Look straight ahead.
- 2 Avoid lifting your shoulders.
- 3 Advance your operated leg at the same time as your cane.
- 4 Push down on the handle to advance your other leg.



SITTING DOWN WITH A CANE

- 1 Make sure that the chair is stable.
- 2 Touch the chair with the back of your healthy knee.
- 3 Move your cane to your operated side.
- 4 Use your hand on your healthy side to lean on the chair.
- 5 Stretch your operated leg forward.
- 6 Bend your healthy knee and sit down.



GETTING UP FROM A CHAIR WITH A CANE

- 1 Slide forward to the edge of the chair.
- 2 Place your healthy foot a little underneath the seat.
- 3 Take the cane in your hand on your operated side; place it vertical on the floor and push down on the handle.
- 4 Lean on the chair with your hand on your healthy side.
- 5 Stretch your operated leg forward and push up with your knees.
- 6 Once standing, return the cane to your healthy side.



GOING UP STAIRS WITH A CANE

- 1 Approach the stair.
- 2 Raise your healthy leg first.
- 3 Raise your cane and operated leg onto the same stair at the same time.
- 4 Repeat for each stair.



GOING DOWN STAIRS WITH A CANE

- 1 Start with your cane and both legs on the same stair.
- 2 Lower your cane and operated leg first, using your cane to support you.
- 3 Lower your healthy leg onto the same stair as your operated leg.
- 4 Repeat for each stair.



HOW TO USE A WALKER

WALKING WITH A WALKER

- 1 Always keep the four legs of your walker in contact with the ground.
- 2 Advance your walker first, then your operated leg.
- 3 Lean on your walker and advance your healthy leg next to your other one. Repeat.



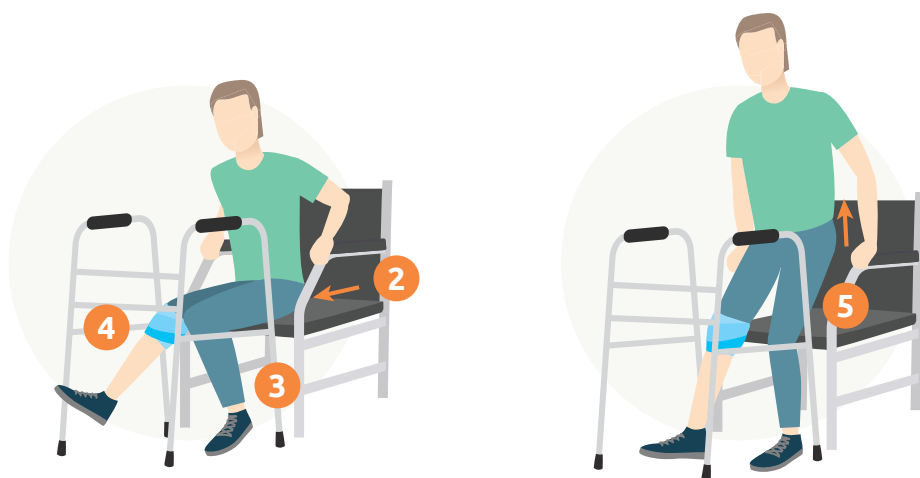
SITTING DOWN WITH A WALKER

- 1 Make sure that the chair is stable.
- 2 Back up slowly and touch the chair with the back of your healthy knee.
- 3 Stretch your operated leg forward first, move one hand from the walker to the chair (seat or arm) or to the bed.
- 4 Bend your healthy knee and sit on the edge of the chair. Slide backward.
- 5 If you had a hip replacement, avoid leaning forward.



GETTING UP FROM A CHAIR WITH A WALKER

- 1 Avoid leaning forward at more than 90° (right angle).
- 2 Slide forward to the edge of the chair without leaning forward too much.
- 3 Place your healthy foot a little underneath the chair.
- 4 Stretch your operated leg forward.
- 5 Push down on the chair with your hands while straightening your healthy knee.
- 6 Once standing, lean on the walker.



HAVE A GOOD REHABILITATION!

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