

How to Adjust Cane Height

- The height of the cane can be adjusted by pushing the small spring-loaded button located at the side of the cane in while sliding the bottom part of the cane.
- To adjust the cane height:
 - Stand with your arms straight and relaxed at your side.
 - Have the cane placed beside the non-affected arm.
 - Adjust the cane height so that the top of the cane is in line with the level of your wrist.
- Be sure to visit your family doctor or physiotherapist to confirm your cane has been adjusted correctly.

How to Adjust Rollator Height

- In order to adjust the correct rollator/walker height:
 - First loosen and remove the tension knobs and screw located at the bottom of the handle bars.
 - Stand behind the rollator with your feet aligned with the rear wheels, and arms at your sides with a 20-30 degree bend in your elbow.
 - Have the handle bars raised until they are at the same height as your wrist.
 - Secure this height by placing the screw in the holes on each handle bar.
 - Ensure your elbow is bent approximately 20-30 degrees while holding onto the handle of your rollator, and standing upright.
 - Screw the tension knobs back onto the handle bars securely.
- Be sure to visit your family doctor or physiotherapist to confirm your rollator has been adjusted correctly.



Wear the footwear you intend to use, when you are getting your walking aid adjusted.

Source: <http://physicaltherapy.about.com/od/devicesandorthotics/qt/Size-a-cane.htm>

http://www.physiotherapy.ca/getmedia/3df5bb06-f123-4a1d-b495-153d6b330159/WalkingAids_EN.pdf.aspx

Tips on Purchasing a Walking Aid

Cane

- Consult with your physiotherapist or doctor first.
- Choosing a cane with a larger and shaped foam grip makes the cane easier to grasp – especially for those with arthritis.
- Always ensure the rubber tip located at the end of the cane is in good condition with no excessive wearing.

Source: <http://www.mayoclinic.org/healthy-living/healthy-aging/multimedia/canes/sls-20077060?s=6>

Rollator/Walker

- Know your wheels!
 - Almost all rollators are made with either 6” or 8” wheels.
 - 6” wheels are most suitable for those 5’6” or shorter in height
 - 8” wheels are most suitable for those taller than 5’7”
 - If you are prone to shaking, using your rollator outside frequently, and/or using a rollator every day for long periods of time, 8” wheels are most appropriate to have.
- Seat Size
 - For the standard adult, a seat size of 13” to 18” is recommended.
 - For those who require a heavier-duty seat – seat sizes up to 22” are also available.

Source: http://www.phc-online.com/Measure_for_Rollator_s/8791.htm

General Tips on Using a Walking Aid

Stairs

- **Remember:** “Up with the strong (angel), down with the weaker (devil).”
- Hold on to the railing with your non-affected hand when going up and down stairs.
- When climbing up the stairs lead with your unaffected leg, followed by your affected leg and cane.
- When climbing down the stairs lead with your affected leg and cane.

Sitting on a Chair

- Always find a chair with arm rests for added safety (avoid chairs with wheels).
- To sit:
 - Turn your back to the chair, and step back until you feel the edge of the chair behind your legs. Your feet should be at least shoulder width apart.
 - Reaching behind you with your unaffected arm, grasp the armrest of the chair and slowly lower yourself into the seat.
- When getting up:
 - Have your cane within arm's reach. If using a rollator, place it in front of you with the brakes locked.
 - Slide forward until you are sitting on the edge of the seat.
 - Lean forward (your nose should be past your toes), and with feet at least shoulder width apart, stand up by pushing off the chair's armrests.
- **Do not** use your walking aid to pull yourself up or support yourself when attempting to sit down.

Sitting on a Rollator

- Position your walker in front of a wall and apply your brakes in the locked position.
- Turn around and slowly lower yourself into the seat – holding on to the handles.
- To stand: hold onto both handles of the rollator and slowly push off until standing.
 - Slowly turn around and remove brakes from locked position.



“Aids for walking, balancing, hearing, and seeing are your sources of strength to help you do things – not a sign of weakness.”

- Canadian Physiotherapy Association

Source: https://sagelink.ca/sites/default/files/clinical-resources/walking_aids.pdf