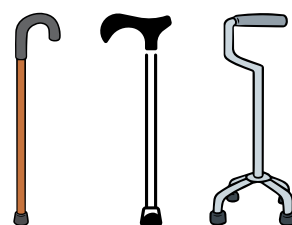


Finding the Right Fit: Using a Cane, Walker, or Walking Sticks?

Not all canes and walkers are alike—and that's a good thing! The best choice depends on your balance, strength, and comfort.

A **cane** works well for sore hips, knees, or feet, or if one leg feels weaker. A **walker** offers extra support if you feel unsteady or need more stability. Talk with your doctor or physical therapist before choosing.

- **Cane Fit Tip:** Your cane should be the right height! When standing tall with arms relaxed, the handle should align with your wrist crease for comfort and support.
- **How to Use It:** Hold the cane opposite your weaker leg (e.g., right hand if left leg is weaker). Move the cane forward with that leg to reduce pressure and improve stability.



- **Walker Fit:** Adjust handles to align with your wrist bend when arms are relaxed. This helps proper posture and reduces strain.
- **Stay Inside:** Always walk inside the walker frame—not behind it—for the best support and balance.

Need extra support on walks or hikes? **Walking sticks or trekking poles** boost stability, confidence, and joint comfort—especially on uneven ground. Using two can also give you an upper-body workout. If you already use a cane or walker, stick with it—they offer the support you need.

Choose the right walking stick: It should be sturdy, straight, and taller than your elbow. How to use:

- **One stick:** Hold in either hand, move with the opposite leg.
- **Two sticks:** Move opposite arm and leg together—like a natural swing.

With a little practice, using a walking stick can feel effortless—and help you move with confidence!



Remember: Using the right device isn't giving in — it's stepping up your safety and independence!

Learn more at:

