



Cane

Stand up straight without exaggeration with your arms hanging relaxed beside you and your eyes looking straight ahead. You should be wearing your typical walking shoes. A second person is needed to measure from your wrist crease to the floor to determine the recommended length of your cane from tip to handle.

If you have a cane that does not adjust and it is too long, you will need to have some height cut off the bottom. Make sure you remove the rubber tip before cutting. Also it is advisable to measure twice and cut once! If your cane is too short you might want to invest in a height adjustable cane that you can purchase at your local medical supply store or pharmacy. If the cane you have is adjustable it can be fit by a second person while you are standing to ensure accuracy.



The 'floor to wrist crease' height will offer control, the least strain and the best security.



you the greatest

**OSTEOPATHIC
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Most walkers are height adjustable by moving the legs up/down through push button release. The same measuring system holds true for fitting walkers as for canes. You should stand tall with your walking shoes on, arms relaxed at your sides and looking straight ahead. Have a second person measure from your wrist crease to the floor to determine the correct height of your walker. If your walker is not adjustable and is not the correct height it is recommended that you obtain another walker that can be fit to your body. There are several types of walkers available on the market so it is a good idea to consult your Doctor or Physical Therapist before you buy one.

COLLEGE OF **Walker**

Make sure you measure the walker or cane to the correct height before you leave the store/vendor, or before you get rid of the receipt!