



## QUAD CANE

---



This information is a general guideline. Please consult a healthcare provider for instructions specific to your situation.

### Sizing the Quad Cane

To be sure of the correct size, stand next to the cane with your arm at your side. The handle at the top of the cane should be at the level of your wrist. When you grip the handle, your elbow should be bent slightly. To adjust the height, press the spring button and slide the cane leg to the desired position. Be sure the flat side of the leg platform is toward your body to prevent tripping. Be sure the button fully protrudes through the hole. Test the stability of the cane before use.

### Walking with a Quad Cane

1. Hold the cane in the hand opposite the weak/injured leg.
2. Advance the quad cane forward about one arm's length as you advance the weak/injured leg. Be sure all four legs of the quad cane contact the floor prevent tipping.
3. Advance your other leg just slightly past to first foot.
4. Repeat this cycle.