

WALKING WITH A CANE

So you'll notice after awhile it starts to get a little cumbersome walking with a walker, so when you begin to feel a little bit more comfortable on your feet and you don't feel like you need the bulky stability of the walker you're probably ready to transition to a cane, so we're going to demonstrate both the wrong way to use the cane and actually the proper way so let's get started on that..

Ok, so when you're ready to start using the cane number one it's important that it's the right height for you, so how do you know, what you do is actually if your arm was just resting by your side you want the cane to come right at the level of the crease in your wrist, so then when you hold on to it, it's very comfortable for your arm and you can adjust this up and down right here.

So now that it's comfortable by you a lot of time people think, if my surgery is on the right side I've got to put the cane on the right side to give me support, right? But that's actually not the case. Here's what happens if you actually hold the cane on the same side as your surgery, it's going to make you look more peg legged than anything else, so I'm actually having to watch like this and leaning everything over, that's not really helping my balance, right?

So what you want to do is put it in the opposite hand, just like when you walk and your arms are going opposite of your leg, that's what you want with the cane, so if I step over with my right foot, then my cane is on my left side so I can very much have an easy, notice how I'm not doing that peg legged shifting anymore, I'm very easily able to move forward with much better balance. So let's have a little more demonstration on how to use this properly. So with the surgery on the right leg, you want to have cane balancing it out on the left arm and notice how they're coming forward together at the same time.