

ELDERLUXE



A GUIDE FOR DETERMINING PROPER CANE LENGTH

*"It is always best to consult
your specialist or doctor for
proper length and to
determine both the type and
length of cane she/he feels
best for you."*

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collection of luxury walking canes
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Measuring yourself

Ideally, if requiring a walking cane as a mobility aid, consult a Physical Therapist, rehab specialist or orthopedic to determine the proper cane length. Otherwise, please carefully follow the preceding guidelines to determine the proper cane length. It is strongly recommended that you have someone assist you when measuring for the proper length of your walking cane for the first time.

- ▶ If possible, *ask someone to help you* in this exercise.
- ▶ If you have an existing cane that works /has worked/is working well for you measure that cane's length for reference.
- ▶ Remember to measure from where your hand would be placed on the handle all the way to the bottom tip of the cane.
- ▶ Stand erect with both arms relaxed at your sides, slightly bent forward and wearing the shoes that you normally wear.
 - ▶ Elbow flexion about /estimated 15-20 degree angle, approximating position where you would hold cane out in front of you.
- ▶ MEASURE from the floor at the outer side of the heel to your mid wrist (just before wrist bone, or second skin crease of inner wrist).
- ▶ AT PROPER CANE LENGTH: Shoulders should be even with each other. If you have an existing cane, look in the mirror with cane in place. If the shoulder of the arm holding the cane is higher than the other, your existing cane is too long. If this shoulder falls lower than the other, your existing cane is too short.

More Helpful Information

"Rules of Thumb"

- ▶ Generally, cane height will roughly approximate half the height of the user. Remember, this is only a rule of thumb- this will vary by individual due to different body types (i.e., high-waisted, longer arms vs. shorter, stooping etc...)
- ▶ Choose the correct type of cane or walking aid for you. There are five main types, and they are listed here in the order you should use them depending on your weight and/or condition.
 - ▶ cane (multiple handle types as well: e.g. derby, crook, ergonomic etc...)
 - ▶ quad tip: greater stability
 - ▶ crutch
 - ▶ pick up walker
 - ▶ rollator
- ▶ Know the weight of your cane: is it light enough for you to feel comfortable carrying while strong enough to support your weight? Also know the weight rating- most canes are rated to 250lbs. Above that consider a bariatric or other "big and tall" style cane.

Using that cane...

- ▶ Use your cane in the hand that is opposite of the side of your affected leg. For example, if you have a pain in your right leg, use the cane in your left hand.
- ▶ Shift as much weight to the cane as necessary.
- ▶ When ascending stairs, step first with your unaffected leg, placing your foot on the next stair up from where you are, then bring the cane and the affected leg up by straightening that unaffected leg
 - ▶ When descending stairs, step first with the affected leg and cane at the same time and lower yourself slowly by bending your unaffected leg
- ▶ Consider an adjustable cane if you plan to wear different styles (heel height) of shoes.
- ▶ Make sure you have a good grip of the cane and that the fingers and thumb do not overlap.
- ▶ Make sure that the tip of the cane is in good condition and that it is replaceable.