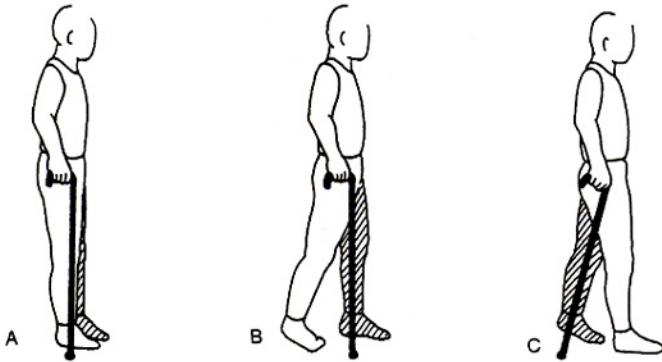
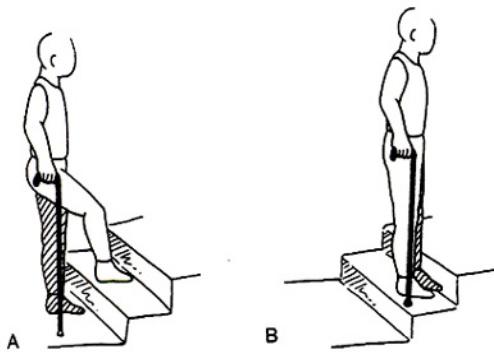


The Shaded Leg is the Weak Leg.



Walking with a cane

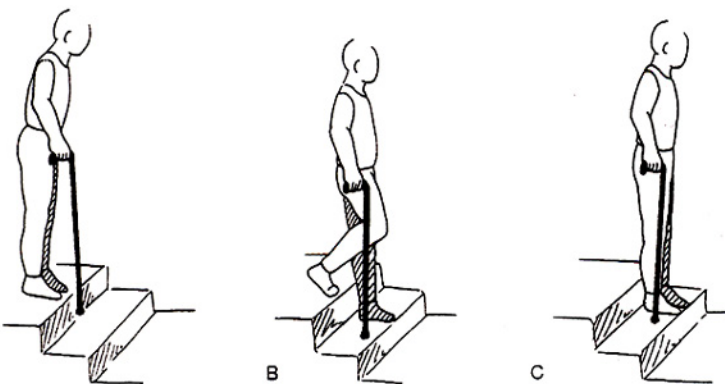
1. Always hold the cane on your strongest side. If you have a “bad” leg (weakness or pain) hold the cane in the hand of your “good” leg.
2. Always move the cane and the opposite leg together (see figure B to the left).



Going upstairs

Going up the stairs

1. Take the first step up with your strong leg.
2. Then, move the cane and the “bad” leg to that same step.



Going downstairs

Going down the stairs

1. Take the first step down with the cane and the “bad” leg.
2. Then, lower the strong leg to that same step.

Rev. 10/09



