

Stairs

Going up:-

- Hold on to the hand rail, if there is one
- Keep your stick and “bad” leg on the same step
- The “good” leg goes up first
- Then your stick and “bad” leg at the same time

Going down:-

- Hold on to the hand rail, if there is one
- Put your stick and “bad” leg on to the step below
- Bring your “good” leg down to that step

Or if you can

- Step down on to the next step with your “good” leg, as you would normally

Maintenance

The stick has a rubber stopper at the bottom. This can wear out. If it looks worn then you need to replace it. You can contact your physiotherapy department for this.

You may want to clean your stick from time to time. Just wipe it with a soft cloth. Do not use cleaning products.

Do not keep your stick in a place that gets below freezing.

Check your stick for wear and tear such as splits or bends. Stop using it if this happens. Contact the physiotherapy department for a replacement.

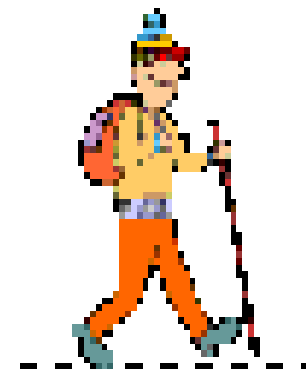
Acknowledgements
Getting up and sitting down images ©
Physio Tools Ltd

This leaflet was compiled by the Patient Information Leaflet Group, NHS Lothian Physiotherapy Services, November 2008.

This leaflet should only be used by specific individuals following physiotherapy assessment. If you have any concerns please approach your physiotherapist.

Ref: Lothian.Walking Stick.Nov.2008

How to use a walking stick



A guide for patients

How to measure a stick

When you stand up the stick should be about level with your wrist. The therapist will measure this for you.

When the stick is the right height you should have:-

- Upright posture
- Slight bend at your elbow

This allows you to push down on the stick when you walk. The stick then takes some of your body weight.

If you have 2 sticks they need to be a bit higher. This is because you need to have them in front of your body.

Walking with a stick

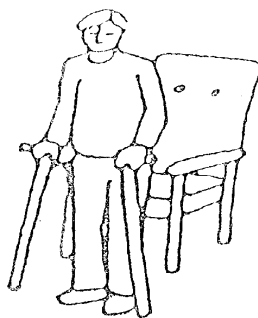
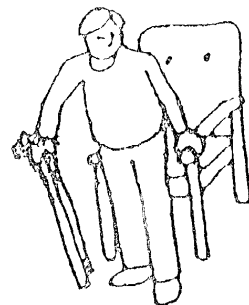
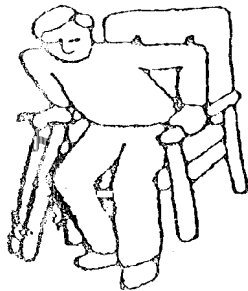
To walk with a stick follow these steps:-

- Hold the stick in the hand opposite the “bad” leg
- Put the stick on the ground at the same time as your “bad” leg
- Push down on your stick and “bad” leg
- Step forward with your “good” leg

Chairs

Getting up:-

- Shuffle to the front of the chair
- Put your stick(s) in your hand
- Place the other hand on the arm of the chair
- Lean forward
- Push yourself up
- Pause for a moment before walking, making sure your stick is in the right position



Sitting down:-

- Walk to your chair
- Turn around
- Feel the chair behind your knees
- Place one hand on the arm of the chair, the other holding your stick(s)
- Bend forward
- Lower yourself into the chair
- Rest the stick(s) by your side

