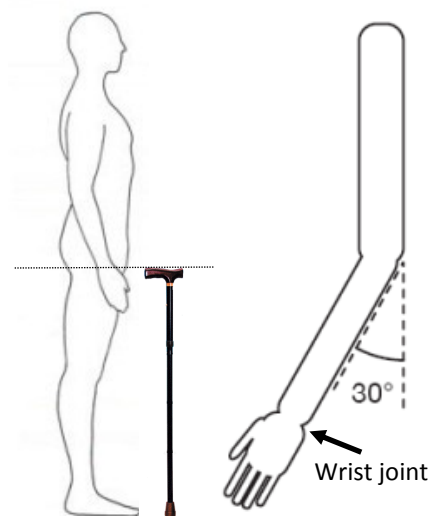


## Sizing and Using Walking Sticks

### Ensuring The Correct Height

- Stand with your arms relaxed by your side, wearing your usual shoes. The top of the walking stick handle should then align with your wrist joint (the bottom crease of your wrist) when your arm is by your side.
- This should allow for your elbow to be slightly bent (about 30 degrees) when holding the stick.
- To adjust the height, loosen the collar underneath the adjustment holes. Depress the spring buttons on the stick and lengthen or shorten accordingly. Tighten the collar to secure the adjustment.



### Safety

- It is important that your walking stick is at the correct height for you to gain maximum benefit and allow posture to remain symmetrical. A stick at the incorrect height results in incorrect posture and can lead to physical injury, particularly to the shoulder.
- Check the rubber tip on the end of your walking stick regularly as it will wear with use and need replacing. Once the base of the tip is worn, your walking stick will lose its grip and you will be at risk of sliding, particularly on smooth, wet surfaces – it is like driving a car with bald tyres!
- Ensure the collar is screwed on tightly.

### Which Hand Do I Hold The Stick In?

To provide support for a weaker leg, hold the stick in the opposite hand to the weaker leg. This will provide extra support for your weaker leg when taking a step.

If you are using the stick for balance, then try using the stick in either hand and make a decision based on what feels most comfortable. A walking stick can be used in both hands to provide even more stability.

### Walking Technique

A normal walking pattern involves the opposite arm and leg moving forward at the same time. This also happens when using a stick. The arm with the walking stick and the weaker leg move forward together. Your weight is then distributed over the weaker leg and the stick.

Initially you may have some difficulty coordinating walking with a stick. If you do, slow your walking down and break it up into smaller parts, e.g., place the stick forward, step forward with the weaker leg, then bring the stronger leg through and then repeat the cycle until walking becomes rhythmical.

If you are using a stick in both hands the same principle applies – opposite arm and leg move together.

Call our friendly staff at Up2date Equipment on 07 307 9101 for more information.