

Using a Cane

Walking with a Cane

1. Adjust the cane length so that when you are standing, the handle of the cane is at the level of your wrist.



2. Hold the cane on the side of your good leg unless your physical therapist has told you otherwise.



3. Begin by stepping forward with your injured or weak leg and cane, keeping the two in line with each other.



4. Step forward with your good leg, bringing it ahead of your injured or weak leg and cane.

Cómo usar un bastón

Cómo caminar con un bastón

1. Ajuste la longitud del bastón de manera que cuando usted esté de pie el mango le quede a la altura de la muñeca.



2. Sostenga el bastón del lado de la pierna sana a menos que el fisioterapeuta le indique algo diferente.



3. Empiece dando un paso hacia adelante con la pierna lesionada o débil y el bastón, manteniéndolos alineados.

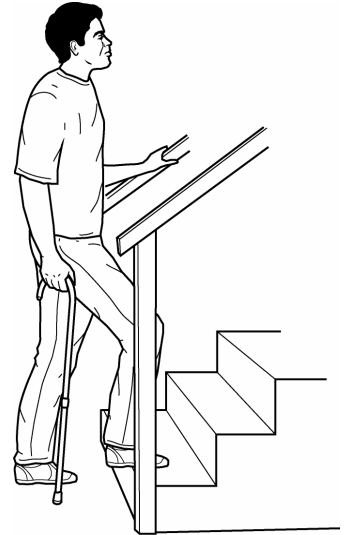


4. Dé un paso con la pierna sana, poniéndola por delante de la pierna lesionada o débil y el bastón.

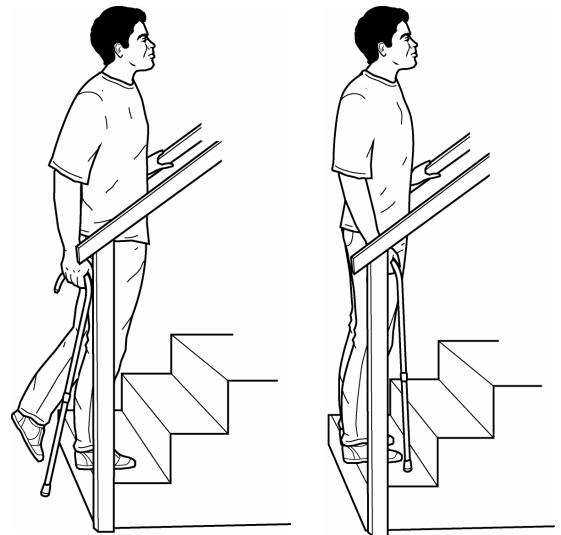
Going Upstairs with a Cane

Take your time and go slowly. Have someone stand behind you to help the first time.

1. Grasp the handrail with your free hand. Begin by raising your good leg up to the first step.



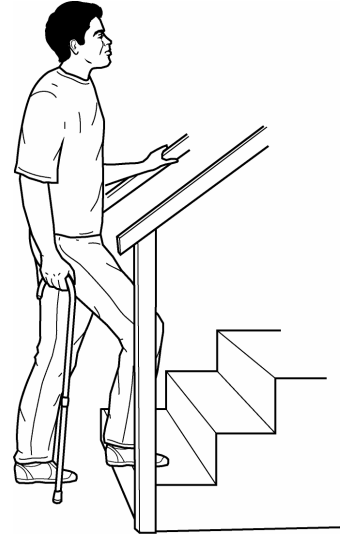
2. Bring your injured or weak leg and cane together up to the same step. Keep your leg and cane in line with each other.



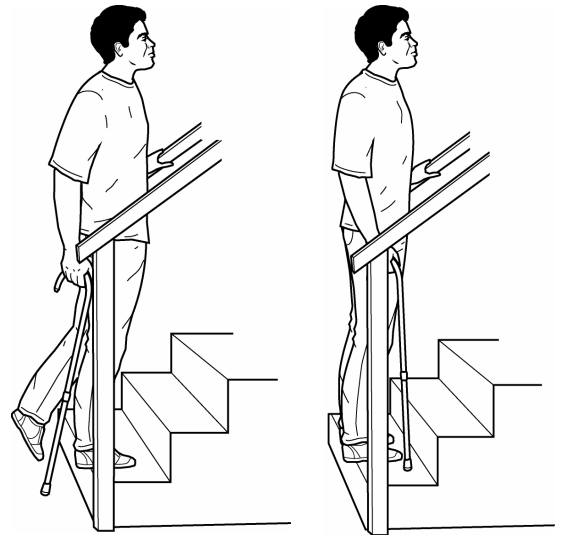
Cómo subir escaleras con un bastón

Tómese su tiempo y vaya despacio. La primera vez, pida a alguien que vaya detrás de usted para que le ayude.

1. Agarre el pasamanos con la mano libre. Empiece poniendo la pierna sana en el primer escalón.



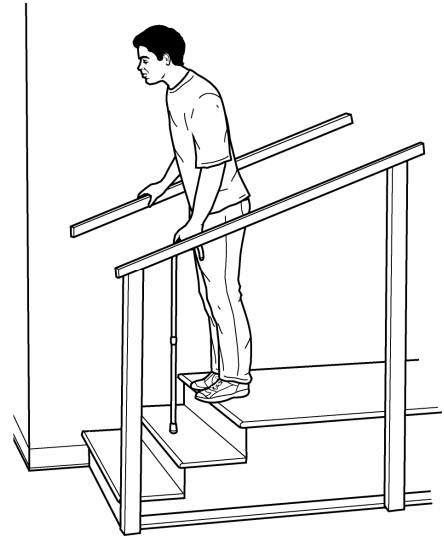
2. Suba la pierna lesionada o débil y el bastón al mismo tiempo a ese primer escalón. Mantenga la pierna y el bastón alineados.



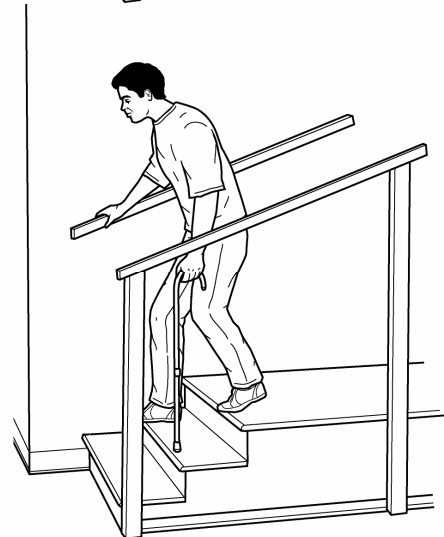
Going Downstairs with a Cane

Take your time and go slowly. Have someone stand in front of you to help the first time.

1. Put your feet near the steps and place your cane on the first step down.



2. Step down first with your injured or weak leg. Bring your good leg to the same step.



3. Repeat until you are at the bottom of the stairs.

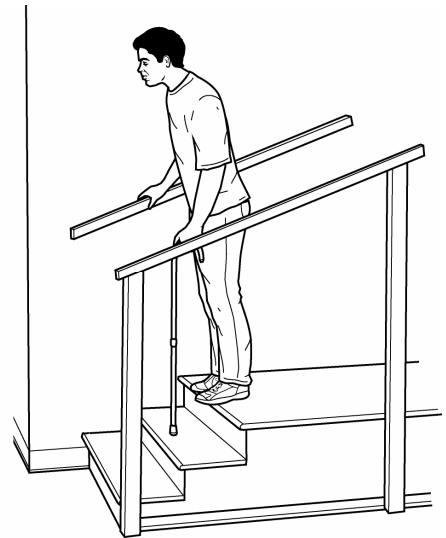
When using a cane to go up and down stairs, it is helpful to remember, “**Up with the good and down with the bad**”.

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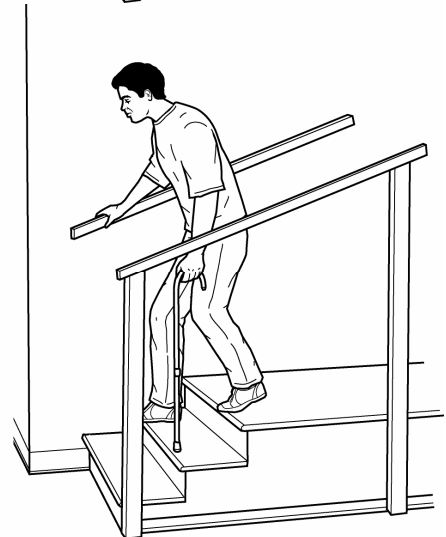
Cómo bajar escaleras con un bastón

Tómese su tiempo y vaya despacio. La primera vez, pida a alguien que vaya delante de usted para que le ayude.

1. Ponga los pies cerca de los escalones y coloque su bastón en el primer escalón.



2. Baje primero con la pierna lesionada o débil. Ponga su pierna sana en el mismo escalón.



3. Repita hasta llegar al pie de las escaleras.

Al usar un bastón para subir y bajar escaleras, resulta útil recordar: “**Subir con la sana y bajar con la enferma**”.

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