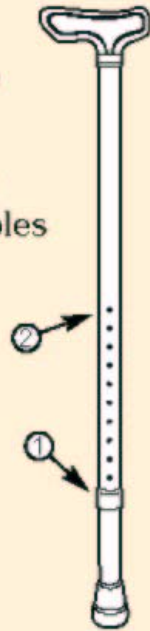


Quick Tips:

- 1) Generally, the cane handle should be adjusted to the customer's wrist. That provides a 20-30 degree elbow angle for proper and comfortable usage.
- 2) After adjustment, be sure to tighten the outer cane sleeve lock for safety.
- 3) Use the cane in the hand of the opposite side of the injured or weaker leg.

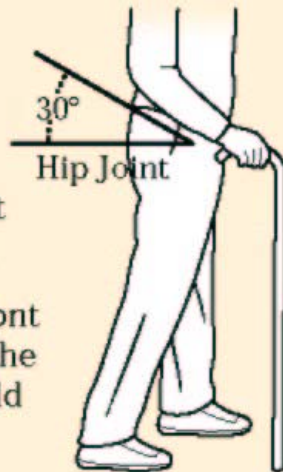
How to Adjust Your Cane

1. Unscrew the outer cane sleeve lock where the base of the cane fits into the outer sleeve.
2. Depress the brass knob release that is visible in the series of holes for vertical height adjustment.
3. Lengthen or shorten cane to desired height.
4. Allow brass knob to pop back out to maintain desired height.
5. Tighten outer cane sleeve lock.



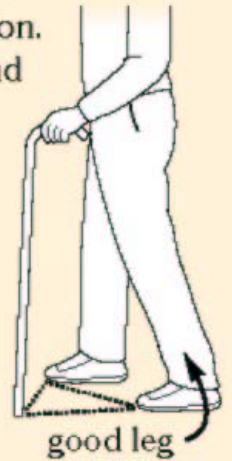
How to Fit a Cane

1. Wear your regular walking shoes.
2. The top of the cane should be even with the break in your wrist and/or your hip joint.
3. Place the cane 6" in front of you and 6" over to the side. Your elbow should be bent at a 20 to 30 degree angle.



How to Walk with a Cane

1. Use the cane in the hand of the opposite side of your injured or weaker leg.
2. Stand in a triangular position. Place your good foot behind your body and your weak or injured foot in front of you opposite of the cane, forming the three points of a triangle. The toe of your weak/ injured foot should line up with the cane.



3. Move the good foot first to the front of your body and maintain a triangular position. Then move your weak/injured foot and the cane together in front of your good foot. Make sure that the cane tip meets the floor flatly.

4. Take short steps to maintain your balance.

