

CONNECTICUT VALLEY HOSPITAL

Physical Therapy Services

PT Equipment Procedure # 3

Re: Cane

Date: March 20, 2000

Revised: October 19, 2008

Description:

A cane is a single support assistive ambulation device designed to be used with one hand. It acts to increase the patient's base of support in order to improve balance and provide stability during gait.

Indications:

Gait Retraining, Limb weight-bearing reduction to reduce pain from sprain, strain, joint inflammation, etc., improved balance and stability of gait by increasing base of support.

Precaution:

The type of cane needed in each individual case must be determined by a Physical Therapist (i.e. adjustable, wood, metal, wide based, narrow based, quad cane, or walk cane).

Procedure:

1. The patient should be cleared for assistive device training and be fitted for a cane by the Physical Therapist.
2. **Fitting** – The patient should stand with arms at side. The cane should be fitted on the upper extremity opposite the side of the lower extremity involvement. Fit the cane by reducing or elevating the height of the cane so that it is even with the level of the patient's wrist.
3. **Gait Training** – The patient should be taught to ambulate using the following method: a.) cane; b.) involved leg; c.) uninvolved leg.
4. **Stairs** – Ascending: a.) uninvolved leg; b.) cane; c.) involved leg.
Descending: a.) cane; b.) involved leg; c.) uninvolved leg.