



THE CANE AND QUADPOD CANE

CAUTION

This sheet contains general recommendations and does not constitute a professional assessment.

Why use a cane or a quadpod cane?

To have more confidence, to prevent falling, to reduce weight on one leg or to improve your walking tolerance.

Who is it for?

You must have good balance to use a cane.

Precautions

Wear properly fitted shoes with flat, non-slip soles and good support.

If you do not have good walking tolerance, plan your trip to ensure that you will be able to sit down along the way.

How to choose a cane or a quadpod cane

Cane

- It is the least stable of walking accessories.
- Use it if you have good balance and good walking endurance.
- Avoid round handles. Instead, choose a cane with a Derby handle **1** or an offset handle **2**.



- For increased hand comfort, especially if you have arthritis, choose an ergonomic or padded handle.
- Some designs are foldable, others have a wrist strap.
- There are also wide cane tips, which give the cane more stability. This way, the cane can stay upright even when you are not using it.



Photos taken from <http://www.amgmedical.com>

Quadpod cane

- The quadpod cane is more stable than the cane, but it is also heavier.
- It is usually used by people who need to put less weight on one leg. For example, people who are paralyzed on one side of their body.
- Quadpod canes can have a small or large base.
- Choose one with a narrow base, as it is more lightweight and less cumbersome.
- It is often helpful to have a training with a physiotherapy professional on using a quadpod cane.



Photos taken from <http://www.amgmedical.com>

How to adjust your cane or quadpod cane

- Wear your usual shoes.
- When you are standing, with a straight back and arms at your sides, the cane handle should be at your wrist level.



Image taken from <http://www.creges.ca>

How to use it

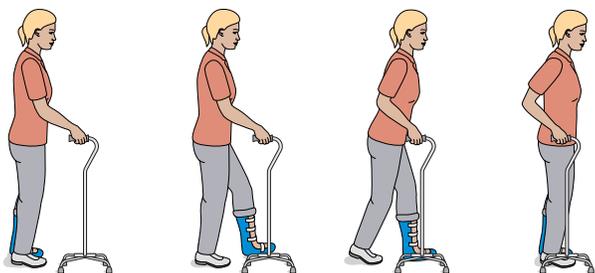
Which side to hold the cane or quadpod cane on

- Hold the cane on the same side as your good leg.
- If you are using a quadpod cane, the protruding legs should point away from your body.



Walking

- Move the cane and the weaker leg forward at the same time.
- Then, lean on the cane to bring your good leg forward.



Going up the stairs

- Hold the handrail (railing) with one hand and the cane in the other.
- Step up with your good leg first.
- Keep the cane on the first step.
- Then, bring the cane and the weaker leg onto the step at the same time.

Going down the stairs

- Hold the handrail (railing) with one hand and the cane in the other.
- Bring the cane and the weaker leg down at the same time.
- Then, step down onto the same step with the good leg.



Images taken from <http://www.asstas.qc.ca>

Getting up from or sitting down on a chair

- Use the chair's armrests to get up.
- Grab your cane when straightened in a standing position.

For your safety, you will also need to adopt the following habits:

- Replace the rubber tips as soon as they are worn out.
- In winter, wear boot grippers and add an ice pick tip to your cane.

Programs to help you pay for your equipment

There are many programs that can help finance technical aids. Note that a medical prescription is usually required.

- Check whether your private insurance covers technical aids.
- You may be eligible for funding if you are a social assistance, CSST or SAAQ recipient. Check with your case worker.
- Equipment receipts can usually be included in the medical expenses section of your provincial and federal income tax returns. A medical prescription is required.

FOR PROFESSIONAL ADVICE

Consult a physiotherapy professional to have your abilities evaluated, for personalized advice about walking accessories or instructions on how to use them.

Be sure to talk to your physician about any difficulties that you are having during your daily activities!