

GENERAL SAFETY

- ✓ Regularly check your walking stick for bends, or loose handles.
- ✓ Check the rubber (ferrule) on the bottom of your stick has not worn smooth or split.
- ✓ Remove any loose mats and rugs to prevent tripping,
- ✓ Make sure lighting is adequate around the house.
- ✓ Wear flat supportive shoes that fit well.
- ✓ Have your eyesight checked regularly (if over 65, annual check ups are advised)
- ✓ Be aware of hazards including wet floors, uneven surfaces, wet leaves, ice.
- ✗ Do not carry too many bags.

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5 How to use your Walking Stick

If your walking stick becomes damaged or you need advice on how to use it, you should contact:

Please return your equipment to the above department when you have finished using it.

If you need this information in another language or format, please e-mail: Translation.Services@lanarkshire.scot.nhs.uk

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How to use your Walking Stick

Information for patients
Physiotherapy Department



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HOW TO USE YOUR WALKING STICK

Walking sticks are used by a variety of people for different reasons such as:

- ❖ If you are recovering from injuries requiring partial weight-bearing through the injured limb.
- ❖ If you have reduced balance, strength or endurance when walking.

If you have pain, weakness or instability in any part of your leg for example hip, knee or ankle.

If using a walking stick for your balance:

Hold the stick in your most comfortable hand.

- ✓ Always move the stick forward first then the opposite leg.
- ✗ Do not place your stick too far in-front of you or too far out to the side.
- ✗ Do not carry your stick in the air as this is unsafe and you may be at risk of falling.

Getting Up from a chair

The stick should be near the arm of the chair.

Lean forward, place your hands on the arms of the chair and push yourself up to stand.

Carefully pick up your stick. Pause before moving off.

Sitting down on a chair

When returning to the chair, turn until you feel the chair on the back of both legs. Put the stick down close to you. Place your hands on the arms of the chair, bend forward and slowly lower yourself into the chair.

STAIRS

If your stairs have a secure handrail, hold onto it for safety.

Where possible go up and down the stairs normally.

Only attempt the stairs yourself if you feel safe, otherwise ask someone to help you.

Upstairs

Step up with your good leg, then with your affected leg onto the same step.

The stick is the last to move up level with your feet.

Downstairs

First place the stick safely on the lower step keeping it away from the edge.

Step down with the affected leg.

Follow with the good leg onto the same step.

- ✓ Make sure you place the whole foot onto the step.
- ✓ Always take your time.