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canes & quad canes

A qualified medical professional should educate and train users for appropriate use.

The fitting process and the use of standard canes and quad canes are very similar. The choice of which type of cane you should use depends on how much support and added stability is needed. The quad cane provides much greater stability because of its multiple points on the ground and has the advantage of being free-standing. One disadvantage of a quad cane is that it is heavier.

A qualified medical professional should determine which is appropriate.

Quad canes with a wide base are used by individuals needing substantial support and who do not have to negotiate stairs. The wide base will not safely fit on a step.

The small base quad cane provides somewhat less support but can be used on stairs. Even with the small base, the cane should be turned sideways on steps to provide greater safety.

A qualified medical professional should make appropriate adjustments and instruct you how to use it properly. The rubber tips on your cane should be inspected regularly. The security of all adjustment mechanisms should be checked frequently.

Height adjustment

The correct height adjustment is one that provides a 20-to-30-degree bend in the elbow. This can be easily achieved by having the user stand erect, look straight ahead with shoulders squared and arms hanging relaxed at the sides. The height of the cane is then adjusted to place the handgrip just about the wrist.

After making any height adjustment, check carefully to ensure that the adjustments mechanism is locked securely.

It is your responsibility to maintain and provide upkeep of this item.