

A properly adjusted walking aid helps you stay safe, walk more easily, and reduce strain on your body. Follow these steps to make sure your cane or walker is set at the right height for you.

Before you start, remember to adjust the height of your cane or walker while wearing the footwear or shoes you wear most often.

Get Set Up

- Find a safe, open space – preferably near a sturdy surface or chair for support.
- Take a few deep breaths, stand up tall, and relax your shoulders.
- Let your arms hang naturally at your sides and make sure you feel steady.
- Have someone nearby to help if needed.

Step-by-Step Guide for Adjusting a Cane

1. Always adjust your cane while wearing the shoes you normally walk in.
2. Stand tall with your arms relaxed naturally at your sides.
3. Stand next to the cane with your arm relaxed at your side. The handle should line up with the wrist.
4. Holding the cane, your elbow should bend slightly (about 30 degrees) for comfort and stability.



Need Help? Call Physio2U

A properly fitted walking aid can make a big difference in your confidence and safety. Our therapists can help you adjust your cane or walker and improve your strength and balance – all in the comfort of your own home.

778-846-7695 or visit | www.Physio2U.ca.



Step-by-Step Guide for Adjusting a Walker

1. As with a cane, wear your regular shoes when adjusting your walker.
2. Stand upright inside the walker, with your hands resting on the handgrips.
3. Check handgrip height. The handgrips should be level with the crease of your wrist when your arms hang relaxed at your sides.
4. When holding the walker, your elbows should be slightly bent (about 30 degrees) for safe, comfortable movement.

❗ Important Tips

- Always check that rubber tips and legs are in good condition — replace if worn out.
- Wear sturdy, non-slip footwear whenever using your cane or walker.
- Move slowly and take your time adjusting until it feels right.
- Ask for help if you feel unsure or unsteady during adjustments.

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