



Physio2U[™]


Move with Confidence

Proper Cane & Walker Setup plus
Simple Exercises that Work

*Prepared by your friendly
Physio2U therapists*

How to Adjust Your Walking Aid

First, get set up

- Find an open space with a level floor and enough room to move – 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 help if needed. Ask for help if you feel unsure or unsteady during adjustments.
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How to Adjust a Cane:

1. Make sure you are 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 your wrist.
4. When holding the cane, your elbow should bend slightly, about 30 degrees, for comfort and stability.

How to Adjust a Walker:

1. Make sure you are wearing the shoes you normally walk in.
2. Stand upright inside the walker with your hands resting on the handgrips.
3. Check the 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 , safe, comfortable maneuvering.





Important Tips:

- Move slowly and take your time adjusting until it feels right.
- Wear sturdy, non-slip footwear whenever you're using your cane or walker.
- Check that rubber tips on the end of your cane or walker are in good condition. Replace them if they are worn out.

Exercises to Improve Walking and Posture

Heel Raises

Sitting or standing

Stand tall near a counter or back of chair. Keep your toes on the floor and lift your heels. (Can be done in bare feet or wearing socks). **Repeat 10 times, 2 sets.**



Squats

With a chair behind you or standing at a rail or counter, **bend your knees and stick out your rear.** Keep your knees pointing straight forward over your toes (don't let them fall inwards) and keep your chest and head up. **Repeat 5 to 10 times, 2 sets.**



Arm Swings

Sitting or standing

Pump your arms in alternating directions. Make sure to pull your arms back all the way so they reach behind your body.

Repeat 10 to 20 times on each side.



Chest Lifts

Sitting or standing

Put your hands behind your head. As you breathe in, lift your chest upwards and try to look up at the ceiling. Your hands will support the weight of your head. You should feel the muscles between your shoulder blades working. Breathe out as you relax your arms and return to neutral.

Repeat 5 times, 2 sets.



Contact Us

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