



## Walking With a Quad Cane

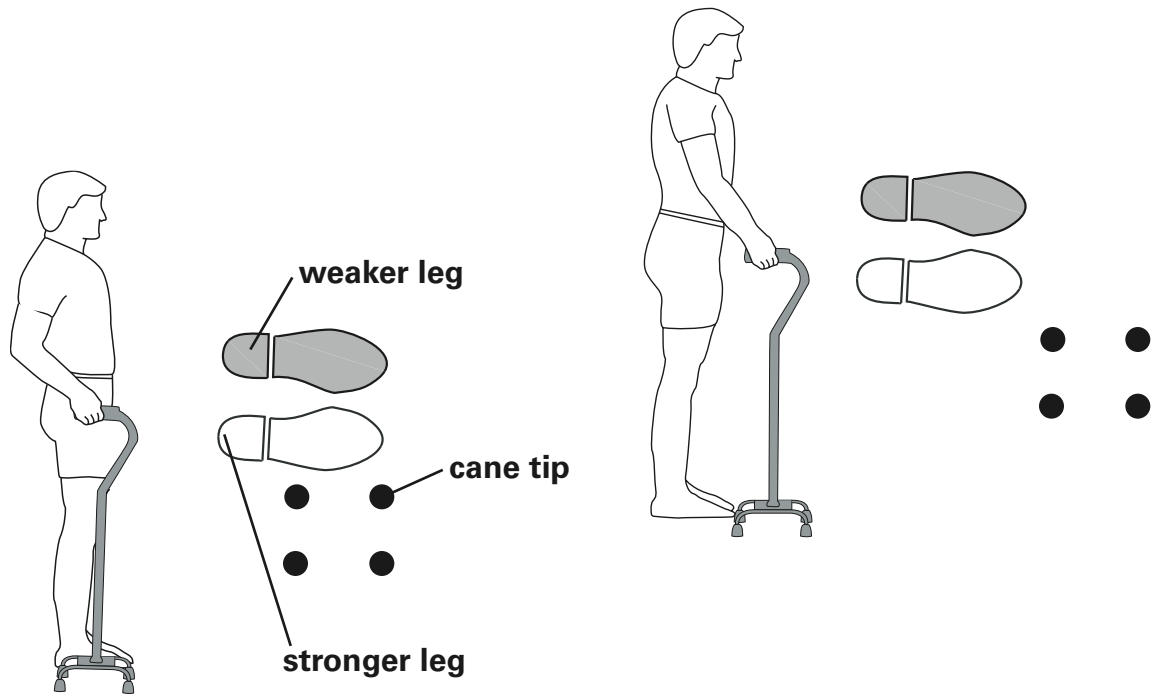
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Follow the steps below when you walk with a quad cane.

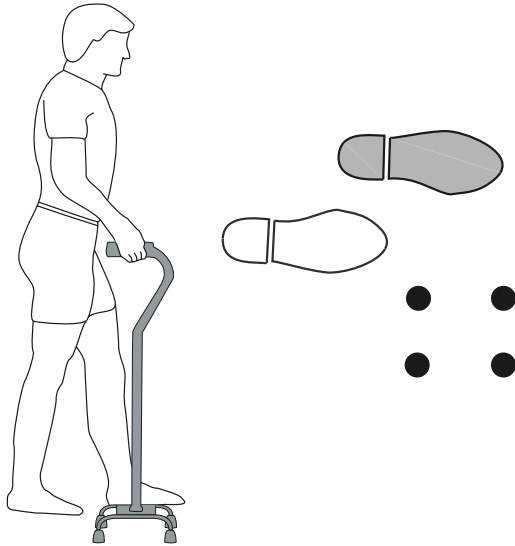
**Step 1:** Hold the quad cane in the hand opposite your injured or weaker leg. Make sure the flat side of the quad cane is closest to your body.

**Step 2:** Place all four legs of the quad cane on the ground when you move it forward. Your quad cane should be about one step-length ahead of you. Keep it close to your body for support and balance.

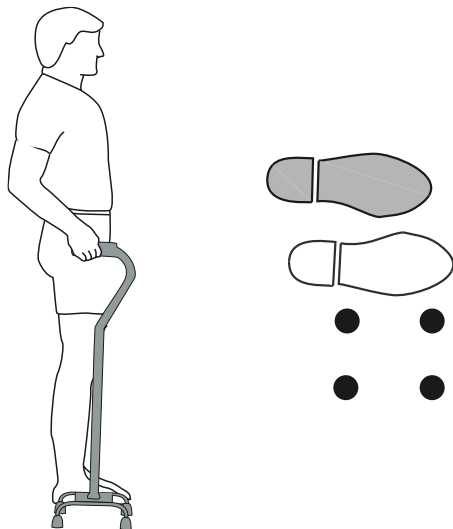


## WALKING WITH A QUAD CANE

**Step 3:** Step forward with your weaker leg.



**Step 4:** Support your weight with both the quad cane and your injured leg. Step through with your stronger leg.



**Step 5:** Continue to repeat steps 1 through 4.

### Tips

- **Do not** take a step unless your quad cane is firmly on the ground.
- **Do not** place your quad cane too far forward. The quad cane should be directly across from the instep of your weaker foot.
- **Do not** take steps that are too big.
- When turning, take small steps and do not pivot.
- Check your quad cane tips regularly. Replace them when they are worn. You can buy new tips from a drug store or durable medical supply company.
- Be careful when walking on uneven or wet surfaces.
- Use good posture when walking.
- Check your balance before stepping.
- Walk at a safe pace.

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