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# Walking with a Cane

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

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- I. **The client/caregiver can list types of canes available.**
  - A. A tripod cane has three legs.
  - B. A quad cane has four legs.
  - C. A standard straight cane has one leg.
  
- II. **The client/caregiver can list general guidelines for use of a cane.**
  - A. Choose a cane that has proper support and proper height.
  - B. Canes should have rubber tips to improve traction and prevent slipping.
  - C. Always wear sturdy, nonskid shoes to prevent falls.
  
- III. **The client can demonstrate walking with a cane.**
  - A. Hold cane on the strongest side of the body.
  - B. Place cane about 4 inches in front of body and slightly to the side.
  - C. Move the cane forward with the weaker leg bearing weight on the strong leg.
  - D. Then move the strong leg forward while bearing weight on the cane and weaker leg.
  - E. Look ahead, not at the floor, when walking.

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- IV. **The client can demonstrate walking the stairs with a cane.**
  - A. Walking up the steps
    1. Place strong leg up first.
    2. Then move cane and affected leg up.
    3. Continue one step at a time.
  - B. Walking down the steps
    1. Place cane and affected leg down first.
    2. Then move strong leg down.
    3. Continue one step at a time.
  
- V. **The client can demonstrate getting into and out of a chair.**
  - A. Sitting down in a chair
    1. Stand with backs of legs against a chair.
    2. Reach back with both hands to grasp armrests.
  - B. Getting out of a chair
    1. Hold cane on stronger side as you grasp armrests.
    2. Lean forward and push up using armrests.

**REFERENCES**

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 Timby, B. K. (2005). *Fundamental nursing skills and concepts*. Philadelphia: J. B. Lippincott Williams & Wilkins.