

Step-by-Step: Fitting a Cane

Fitting a Cane. Standing up straight with your arms hanging at your side, measure the needed height of your cane by lining up the handle with your wrist.

Adjust the height of your cane at the bottom.

Once the cane is adjusted, make sure the handle is in line with your wrist.

Also, check to be sure your arm is slightly bent when holding the cane correctly.

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