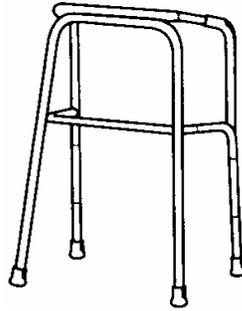


AMBULATORY AID INSTRUCTIONS

Walkers



Put on the shoes you will be wearing when you use the walker. Stand up straight with your feet close together, relax your shoulders, and put the walker in front and partially around you. Grasp the side of the walker and look at the position of your elbows. Your elbows should be nearly straight. The tops of the handgrips should be at the crease of your wrist; if not, adjust the walker's height by pushing in the button on each of the walker's legs and sliding the tubing up or down as appropriate. Make certain the button locks back into place and that the legs are adjusted to the same height. Take a few practice steps with the walker to ensure that you can move the walker without bending over.

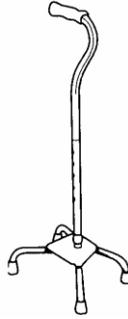
Using your walker safely

- Wear shoes that fit well; tennis shoes or tied oxford style shoes with rubber soles are good choices. Avoid shoes that slide off your feet, such as slippers. Also avoid shoes with high heels or slippery soles.
- To safely carry small items, attach a lightweight basket or bag to the walker's metal frame with snaps, Velcro straps, or hooks.
- Make sure that the surface you are walking on is clear, flat, dry and well lit.
- Remember to look ahead when you are walking instead of looking at your feet.
- Do not use the walker if you have severe dizziness.

CRUTCHES

A healthcare professional will ask you to stand with the crutch tips 2 inches in front of and 6 inches to the outside of your feet. The tops of the crutches should be about 1 to 1.5 inches below your underarm. Grasp the hand supports to make sure that they are the right height. Your arms should be slightly flexed, never straight. When you use the crutches, remember to support your weight on your hands, not your underarms.

CANES



Stand with the cane's tip 4 inches to the outside of your foot. The cane should extend from the floor to your hip joint. When holding the cane, your elbow should be flexed at a 30-degree angle. If the cane is made of aluminum, adjust it by pushing in the metal button on the shaft and raising or lowering the shaft to the appropriate height. If the cane is wooden, the length can be made shorter by removing the rubber tip and sawing off any excess wood, then replacing the rubber tip.

Using Crutches and Canes Safely

- Wear non-skid, flat soled supportive shoes and make sure they are tied securely. Avoid wearing slip on shoes, such as loafers, slippers or clogs as they do not support your weight properly and could slip off your feet.
- If possible, remove throw rugs and avoid walking on slippery waxed floors or uneven surfaces, such as gravel or unpaved driveways.
- If you are using crutches, make sure the crutches have rubber pads on the underarm supports and that the rubber tips fit securely on the ends of the crutches. If your hands slip on the smooth surface of the crutch handles, cover the handles with moleskin adhesive.
- To begin walking with crutches or a cane, slowly get up from a seated position and stand until you are sure you can keep your balance. Take slow, deep breaths and look straight ahead. You may feel a little dizzy until you get accustomed to using the crutches or cane. However, if you feel very dizzy, sit down and try again later. If your dizziness continues, contact your doctor.
- Look straight ahead when walking with crutches or a cane instead of looking at your feet. Keep your body erect and avoid leaning out over the cane. If possible, walk close to a wall for extra support.