

Tips For Using a Cane

- There are many styles and prices available at Amazon.
- Click here to see a four piece cane that folds up to fit in a suitcase.
- When leaning a cane up against a wall of other object, place the lower end at least one foot [12 inches] from the wall. This will help prevent it from falling.
- When standing at a sink, counter or anyplace where you need both hands free, put the handle of the cane in a front pants pocket.
- When walking up a stairway and are holding on to a handrail and need to carry something in the other hand, put the cane under the free arm, near your arm pit, and hold it tight. This frees your hand to carry a glass of milk or a Walmart carryout bag of groceries.
- To find the style shown above, search for **Drive Canes for Men** at Amazon.
- As it comes it is adjustable from 28 to 38 inches long.