



Do you need a walking stick?

You may benefit from using a walking stick if you feel:

- nervous about being able to walk safely
 - concerned about falling when out and about especially on uneven ground
 - unwell or sore because of a flare up in your arthritis
- or when you want to walk further than usual

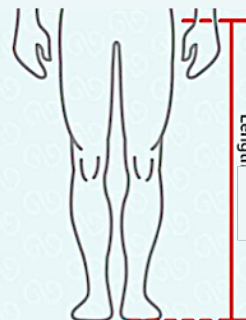
Using a walking stick is not a sign of 'giving in' and can often be used as a temporary measure to keep you safe and relieve the pain of sore joints.

Choosing a walking stick:

- There are many types eg wood, steel, and adjustable sticks. All of these are fine.
- Height is very important. To ensure your walking stick is the right height:

- stand upright with your arms relaxed by your side.
- the top of the stick should be in line with the bony knob on the outside of your wrist. This means your elbow should be slightly bent when your hand is resting on the handle of the walking stick.

- Ensure there is a good rubber stopper on the end of the walking stick and it does not wear through.



Using a walking stick correctly:

- Hold the stick in the hand opposite to the painful or unstable leg.
- Place the stick forward, either before or at the same time, as the painful or unsteady leg.
- Take some weight on the stick and on the painful leg
- Up and down stairs:
 - Going up, the **good** leg goes **first**, and then the sore leg and stick last
 - Going down, the **stick** goes **first**, and then the sore leg and the good leg last

Compiled for you by our physiotherapists

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