

Tips for Walking with Assistive Devices

Steps for Walking with Assistive Devices:

Adjust preparation +1, 2, 3 (keep eyes forward, avoid dizziness).

1. **Definition (Explanation of Terms):** Assistive devices for walking refer to equipment that aids in mobility, such as canes, walkers, or wheelchairs. Users can transfer part of their body weight to their upper limbs using these devices, reducing the burden on their legs. By using assistive devices, the overall base of support is expanded, enhancing stability during movement.
2. **Applicable Targets:** Individuals with weak lower limbs, mobility impairments, or those requiring devices to walk.
3. **Care Methods:** For patients with difficulties in transferring, assistive devices can help them achieve effective independent mobility, prevent skeletal deformities caused by poor posture, and improve their ability to adapt to the environment.



Measure and set the quad cane to an appropriate height.



Stand firmly before walking.

Helpful Reminder:

Patients getting out of bed should follow the "333 Exercise":

- Raise the head of the bed for 3 minutes
- Sit steadily on the edge of the bed for 3 minutes
- Stand firmly beside the bed for 3 minutes

1. Hold the cane on the stronger side of the body.
2. Move the cane forward, then place it 10 cm outward.
3. Bend your elbows about 20-30 degrees or position your hands at hip level.



1. Move the quad cane forward.
2. Step forward with the weaker leg.
3. Step forward with the stronger leg

※ For further information on walking techniques with a quad cane, please consult the rehabilitation department or nurses at any branch of I-Da Healthcare Group.

三、參考文獻

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