



Walking Aids

Thank you for choosing DASCO to provide you with your walking aid. DASCO supplies several different items to assist individuals with limited mobility. While a prescription is not required to dispense a walking aid, it is necessary if DASCO is going to bill your insurance. The type of walking aid we provide to you depends on what your doctor prescribes.

DIFFERENT TYPES OF WALKING AIDS ...

Cane ...

Canes come with a variety of handles and shafts. Choose a handle that is comfortable to you and a shaft that gives the support you need. If you feel unstable with a straight shaft cane, DASCO offers a cane with a bend in the shaft, which moves the handgrip directly over the tip of the cane, offering more stability. The cane should be held in the hand opposite the side of the weaker or affected leg. The cane and the affected leg should be moved forward simultaneously while bearing weight on the stronger leg. Then, leaning on the cane to reduce weight on the involved leg, the stronger leg should be brought forward. To sit while using a cane, back up to the chair until both legs touch it, then reach slowly for the armrests & slowly lower yourself into the chair. To get back up, do the reverse process and hold the cane with your strong side and use the armrests to push yourself up.

Quad Cane ...

Provides more support than a single tip cane, due to the multiple points on the ground, yet often times can be heavier. You will want a handle that is comfortable to you and a shaft that gives the support you need. If you feel unstable with a straight shaft cane, DASCO offers a cane with a bend in the shaft, which moves the handgrip directly over the tip of the cane, offering more stability. Quad canes are available in both wide base and single tip. The wide base is more stable, yet it is too large to be used properly on stairs. The quad cane should be held in the hand opposite the side of the weaker or affected leg. The quad cane and the affected leg should be moved forward simultaneously while bearing weight on the stronger leg. Then, leaning on the cane to reduce weight on the involved leg, the stronger leg should be brought forward. The flat side of the quad cane base should face toward the user to prevent tripping. To sit while using a quad cane, back up to the chair until both legs touch it, then reach slowly for the armrests & slowly lower yourself into the chair. To get back up, do the reverse process and hold the quad cane with your strong side and use the armrests to push yourself up.

Walker ...

If you are using the walker for your first time, it is advisable to have someone present who can provide assistance until you become familiar with its use. You should walk slightly behind the walker, taking care not to step in front of the frame; doing so could result in loss of balance and the tendency to fall forward. Rather, you should lift the walker and place the rear legs a few inches ahead. You should then step forward until

your legs are even with the rear legs of the walker. Your walker will most likely fold, make sure when you open it to ensure the locking mechanism is secured.

Crutches ...

Crutches are generally used when someone cannot bear any weight on one leg. For this situation you should use a 3-point gait or assisted hop. You begin with your weight distributed evenly between your legs and the 2 crutches. Bend the injured leg's knee slightly to keep that foot off the floor completely. Then shift all the weight to the strong leg momentarily to move the crutches in front of you. To sit down, approach the chair so the strong leg is close to the seat, grasp both crutches in the opposite hand and place the strong side's hand on the armrest of the chair. Place the crutches on the back of the chair and pivot on the strong foot until the back of the strong leg touches the seat. Place the other hand on the other armrest and lower yourself into the chair.

To adjust crutches ...

With the user standing erect, looking straight ahead with shoulders squared, place the crutch tip 6" – 8" forward of the toes and the same distance out to the side. Then adjust the height to bring the underarm pad up to a position approximately 1" below the front of the underarm. The user should support themselves with their hands and arms, not the underarms.

GENERAL TIPS ON YOUR WALKING AID ...

- **Don't** attempt to navigate stairs without approval from your physician or therapist.
- **Do** adjust the height to provide for a 20-to-30-degree bend in the elbow. The handgrip should be just above the wrist
- **Do** make sure the adjustment mechanism is locked after making the height adjustment.
- **Do** follow your physician's or therapist's orders even if they differ from those given here.
- **Do** use the walking aid as directed, it may seem awkward at first and may require practice, but it will provide safer and more stable walking.
- **Do** take short steps; over-striding tends to cause loss of balance.
- **Do** inspect the tips regularly; they are made of rubber or plastic and will wear away over time.
- **Do** call DASCO if you need to obtain replacement parts at 800-892-4044.
- **Do** check the handgrips regularly to ensure they are not loose, which may result in loss of grip or balance.
- **Do** exercise extreme caution when walking on wet or slippery surfaces.

REMEMBER TO CONTACT DASCO IF...

- Your physician changed your prescription.
- You move or your phone number changes.
- You have a change in insurance or physician.

THANK YOU FOR CHOOSING DASCO HOME MEDICAL EQUIPMENT.

If you have any questions about your Walking Aid, do not hesitate to contact us at: 800-892-4044