



# CANES

## Instructions for Use, Cleaning, and Care

*These instructions  
are guidelines only.  
Use only as instructed  
by your healthcare  
provider.*



### WHAT ARE CANES USED FOR?

Canes are used for support when walking.

#### How Do I Adjust the Cane?

- The cane should be adjusted so the top of the cane is level with the crease of the wrist when your arm is hanging loosely at your side. Measurements should be taken with your shoes on.
- To adjust the cane, push the spring button in and lengthen or shorten the cane to the correct height.
- Tighten the collar if one is present.

 **WARNING** Ensure that the spring button is fully engaged in the adjustment hole, and the collar is tight.

### HOW DO I USE THE CANE?

- Quad canes are to be used with the protruding legs pointing away from the body.
- Hold the cane in the hand opposite to the weak, painful, or injured leg.
- Move the cane and weaker leg forward together. Keep your elbow close to your body.
- Walk as normally as possible, with even and equal length steps. Walk slowly until you are confident.


### ON STAIRS


#### Walking Up Stairs

- Stand close to the first step.
- Step up with the stronger leg. Place this foot securely on the first stair.
- Lean forward while stepping up to the first step with the weaker leg and the cane.

#### Walking Down Stairs

- Step down with the cane and weaker leg.
- Next, step down to the same step with the stronger leg.
- Remain erect, bending forward as little as possible.

 **WARNING** Avoid all potential safety hazards, including slippery, uneven, or soft surfaces and objects in your path. If walking on wet surfaces, ensure that the cane is kept as upright as possible.

 **WARNING** People providing you with assistance should hold on to your belt or waistband, not your arm.

Carex Health Brands

921 E. Amidon  
Sioux Falls, SD 57104  
800.526.8051

[www.carex.com](http://www.carex.com)



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### CANE CARE AND MAINTENANCE

- Clean the hand grip with mild soap, detergent, or household cleaner. **DO NOT** use solvents, such as acetone, lacquer thinner, lighter fluid, or turpentine.

### REPLACING CANE TIPS (A705, A711-A721, A725) HCPCS Code: A4637

- Remove existing cane tips when worn.
- Replace with new tips. Make sure the tips are pushed onto the cane completely.
- Assure cane tips are the appropriate size for the cane by measuring the width of the cane in inches. The width (diameter) should match the size listed on the cane tip packaging (generally either 3/4" or 1").

<b>WOODEN</b>	A544	A723
	A545	A724
	A546	A726
	A547	A729
	A604	A780
	A614	A781
	A624	A782
	A700	A783
	A711	

<b>ADJUSTABLE</b>	A514	A528	A567	A754
	A515	A531	A605	A755
	A516	A532	A607	A756
	A517	A561	A625	A761
	A518	A562	A722	A763
	A524	A563	A728	A770
	A525	A564	A732	A784
	A526	A565	A733	A785
	A527	A566	A752	

<b>FOLDING</b>	A534
	A535
	A536
	A537
	A538
	A610
	A746
	A773

**HCPCS Code: E0100**

All canes have a weight capacity of 250 lbs. unless otherwise noted.

<b>QUAD</b>	A415 (500 lbs.)	A520	A523	A734	A737	A740	A766
	A416 (500 lbs.)	A521	A616	A735	A738	A744	A787
	A417 (500 lbs.)	A522	A617	A736	A739	A758	

**HCPCS Code: E0105**

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