

使用拐杖

Using a Cane

Walking with a Cane

1. Adjust the cane length so that when you are standing, the handle of the cane is at the level of your wrist.
2. Hold the cane on the side of your good leg unless your physical therapist has told you otherwise.



用拐杖行走

1. 调整拐杖长度，以便站立时拐杖手柄位于手腕高度。
2. 在健康的腿侧握住拐杖，理疗师另有要求的除外。

3. Begin by stepping forward with your injured or weak leg and cane, keeping the two in line with each other.



3. 开始时用受伤或无力的腿以及拐杖往前迈步，保持该腿和拐杖一致。

4. Step forward with your good leg, bringing it ahead of your injured or weak leg and cane.

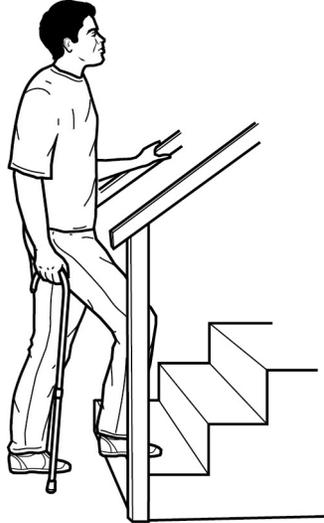


4. 用健康的那条腿向前迈步，要超过受伤或无力的腿以及拐杖。

Going Upstairs with a Cane

Take your time and go slowly. Have someone stand behind you to help the first time.

1. Grasp the handrail with your free hand. Begin by raising your good leg up to the first step.

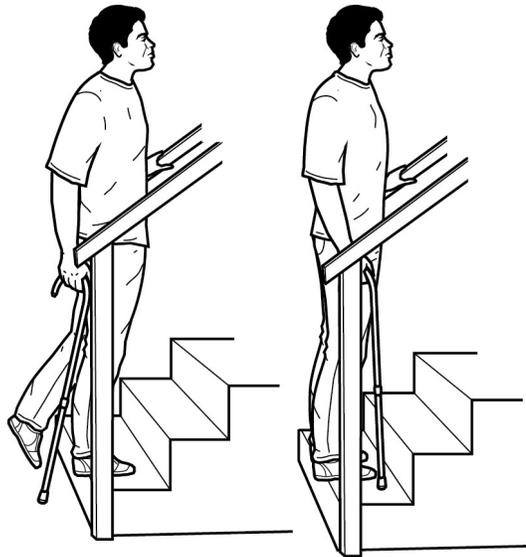


用拐杖上楼梯

不着急，慢慢走。第一次使用时，请人站在您身后提供帮助。

1. 用空余的手抓住扶手。开始时抬起健康的腿，踏上第一步。

2. Bring your injured or weak leg and cane together up to the same step. Keep your leg and cane in line with each other.

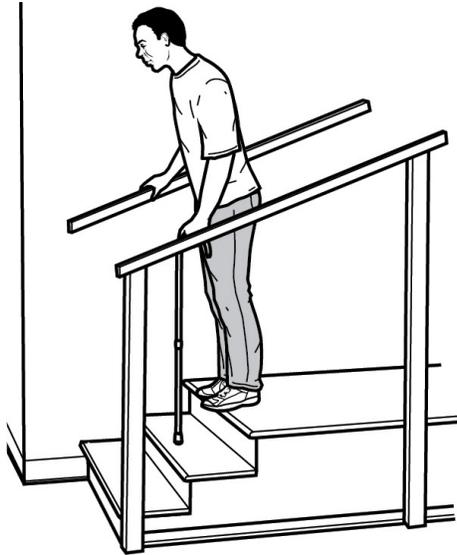


2. 让受伤或无力的腿以及拐杖一起上到相同的台阶。保持腿部和拐杖一致。

Going Downstairs with a Cane

Take your time and go slowly. Have someone stand in front of you to help the first time.

1. Put your feet near the steps and place your cane on the first step down.

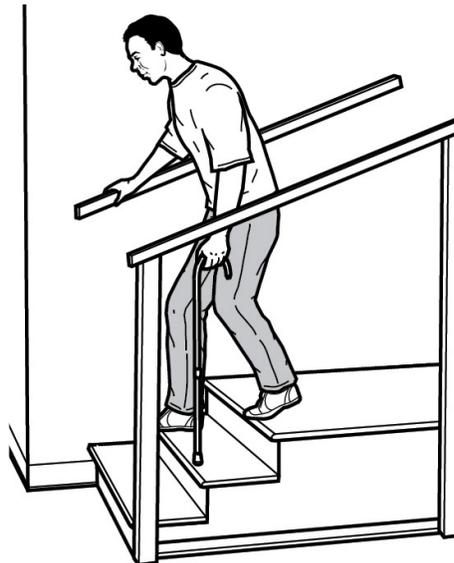


用拐杖下楼梯

不着急，慢慢走。第一次使用时，请人站在您前面提供帮助。

1. 双脚靠近台阶，将拐杖往下放一步台阶。

2. Step down first with your injured or weak leg. Bring your good leg to the same step.
3. Repeat until you are at the bottom of the stairs.



2. 先迈出受伤或无力的腿。让健康的腿迈到相同的台阶。
3. 重复动作，直到下楼。

When using a cane to go up and down stairs, it is helpful to remember, **“Up with the good and down with the bad”**.

使用拐杖上下楼梯时，请牢记，**“上楼好腿，下楼瘸腿”**。

Talk to your doctor, nurse, or therapist if you have any questions or concerns.

如果有任何疑问或担心，请咨询医生、护士或理疗师。