

使用手杖

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.



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



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



使用手杖行走

1. 調整手杖長度，站立時，手杖把手的位置應位於手腕高度。
2. 將手杖握在健康的腿側，除非物理治療師另有指示。

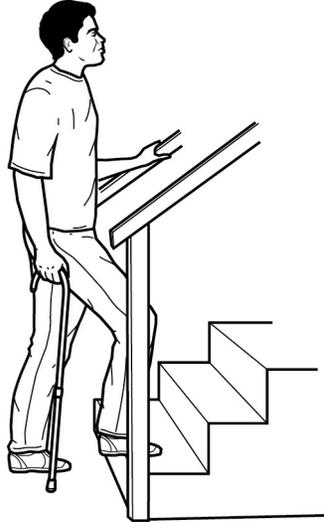
3. 先以受傷或無力的腿和手杖一起向前邁步，腳與手杖彼此保持一致。

4. 用健康的那條腿向前邁步，且步伐要超過受傷或無力的腿與手杖。

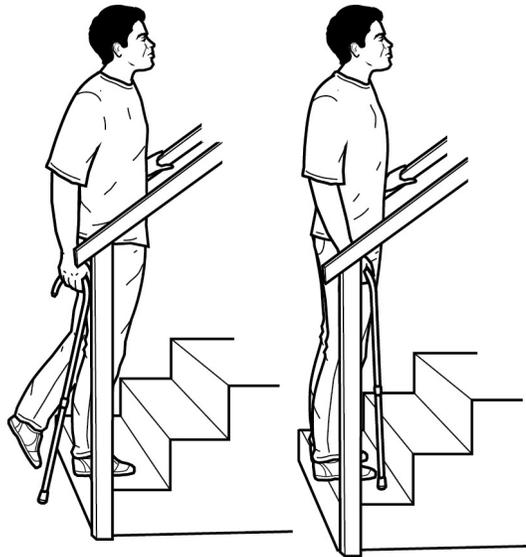
Going Upstairs with a Cane

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.



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.



使用手杖上樓梯

放輕鬆慢慢走。第一次使用時，請人站在您的後方提供幫助。

1. 用空餘的手握住扶手。先抬起健康的那條腿踩上第一階。

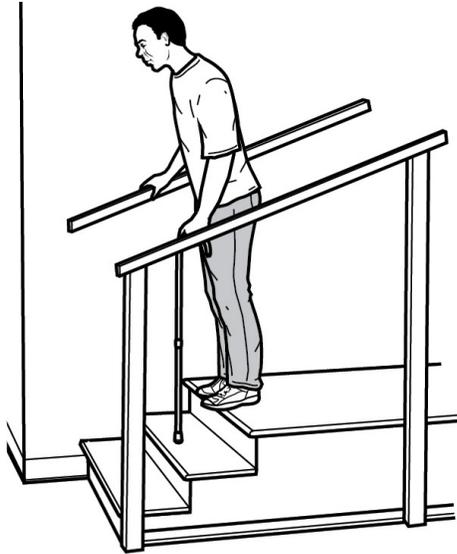
2. 將受傷或無力的腿與手杖一起踩上同一階梯。腿與手杖彼此保持一致。

Going Downstairs with a Cane

使用手杖下樓梯

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

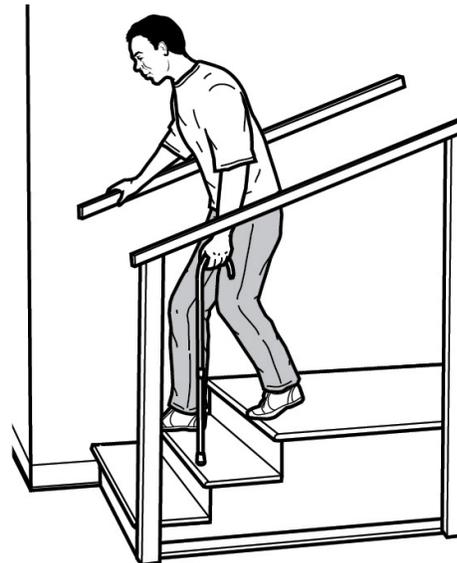
1. Put your feet near the steps and place your cane on the first step down.



放輕鬆慢慢走。第一次使用時，請人站在您的前方提供幫助。

1. 雙腳站在階梯旁，將手杖放在下樓的第一階。

2. Step down first with your injured or weak leg. Bring your good leg to the same step.



2. 先邁出受傷或無力的腿。將健康的腿踩在同一階。

3. Repeat until you are at the bottom of the stairs.

3. 如此重覆動作，直到下樓。

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

使用手杖上下樓梯時，請牢記「好腿先上，傷腿先下」。

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

若您有任何疑問或擔憂，請諮詢您的醫生、護士或治療師。