



Contact Details:

Physiotherapy Department

Nelson Hospital, PO Box 18

NELSON

Phone: 03 546 1801

Fax: 03 546 1597

AlliedHealthClericalNelson@nmdhb.govt.nz



Where you can
purchase a walking
stick

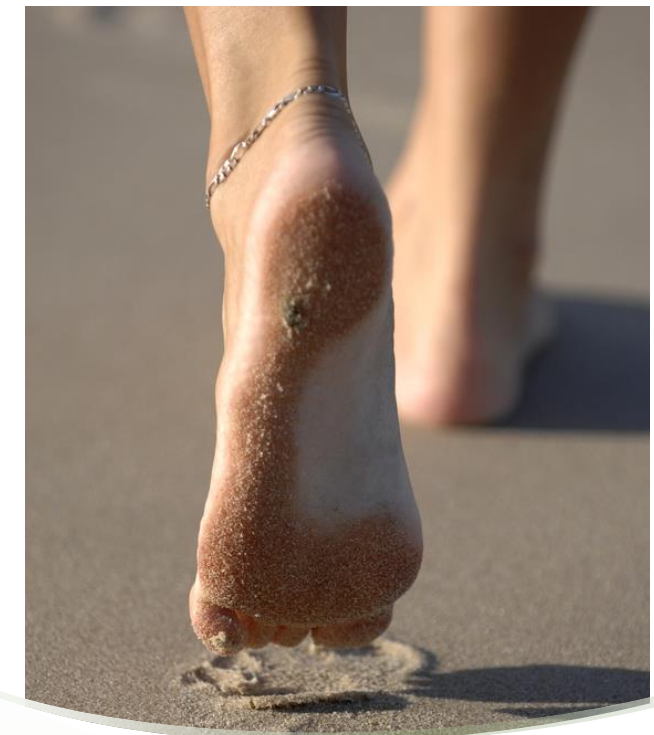
Prices Pharmacy- Cnr
Hardy and
Collingwood Sts,
Nelson tel. 548 3897

Access Mobility – Cnr
McGlashen Ave and
Croucher St. Richmond
tel. 544 7717

FAV Mobile Solutions –
Papps Carpark,
Cambridge St.
Richmond tel. 544 6603



Nelson Marlborough District Health Board



CHOOSING AND USING A WALKING STICK

Choosing a walking Stick

Use of a walking stick can improve your balance when you walk.

If you need a walking stick only for balance then a standard one with a single tip should suffice.

Selecting a grip

Consider a foam grip or a grip that is shaped to fit your hand. If you have trouble grasping with your fingers – because of arthritis or other pains - you might prefer a larger grip.

Checking the tip (ferrule)

The tip helps provide traction so it needs to be supple and have a good tread. If it looks worn, it needs to be replaced.

If the walking stick is too long you'll need to work harder to pick up and move it, and if it's too short you might lean to one side which can throw you off balance.

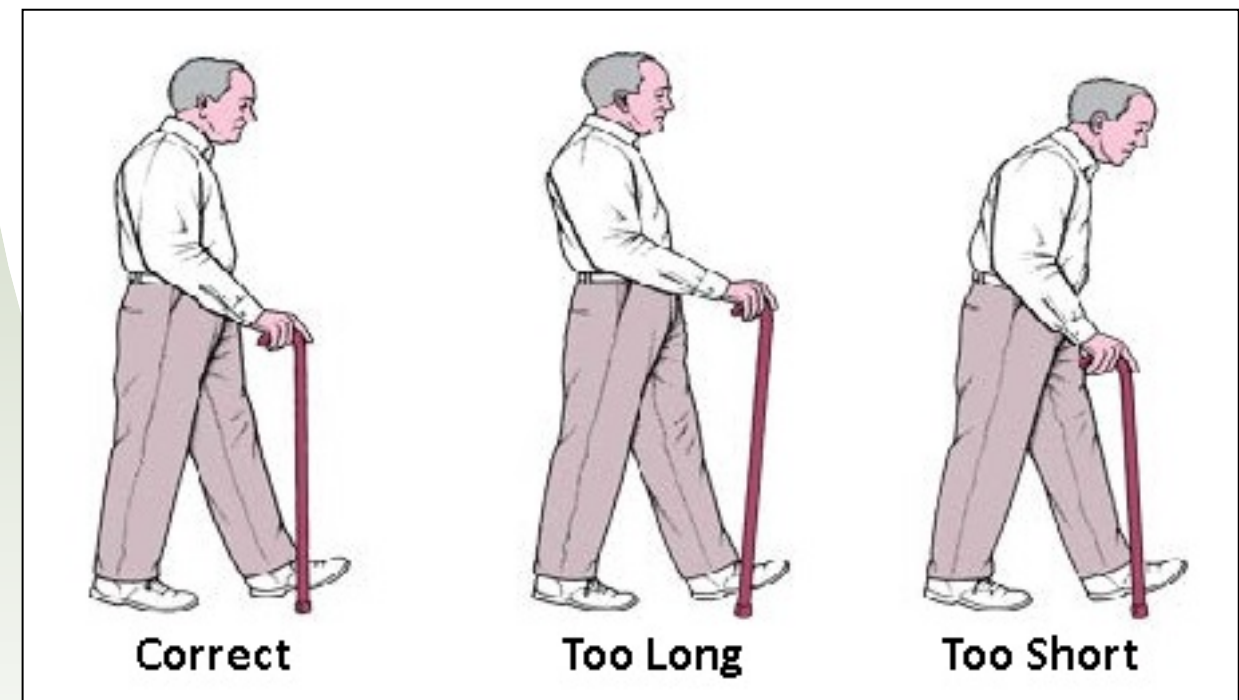


Using a walking Stick

Checking the Fit

With the walking stick in your hand, your elbow should bend at a comfortable angle – somewhere between 15 and 30 degrees of bend.

In standing, with your arm hanging straight down at your side, the top of the walking stick should line up with the crease in your wrist.



Using the walking stick

If you use it for stability, you can hold it in either hand – whichever feels most comfortable

If you are using it because you have an injury or arthritis, you hold it in the opposite hand to the painful side

You then move your walking stick forward with the opposite leg.

Don't have the walking stick too far ahead of you – just a normal step length.