

Canes and Walkers

Which One Is Right for You?

There are many types of canes, walkers, and other assistive devices available. If you think you need a cane or walker, talk to your primary health care provider, physiotherapist, or occupational therapist to make sure you get the device that is best for you.

Canes Canes provide support and balance and may help some people avoid falls.

- You can support up to **25%** of your weight with a cane.
- Typical reasons for using a cane:
 - Arthritis, especially of the knees and hips
 - Mild balance disorders
 - Injuries to the foot or leg

Walkers Walkers provide support and balance and may help some people avoid falls.

- You can support up to **50%** of your weight with a walker.
- Typical reasons for using a walker:
 - Arthritis, especially of the knees and hips
 - Moderately severe balance and gait disorders
 - Generalized weakness of hips and legs

Canes and walkers are available for purchase in many pharmacies or drug stores, or at specialty medical supply stores.

In some cases, assistance for funding for walkers is available via the Ministry of Health and Long Term Care, Assistive Devices Program and/or through third party insurance programs.

(Adapted with permission from the Practicing Physician Education Project 2006)