つえの使用

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.
- Hold the cane on the side of your good leg unless your physical therapist has told you otherwise.



つえを使った歩行

- 1. 立ったときにつえの持ち手が手首と同じ高さになるように、つえの長さを調節します。
- 2. 正常な足と同じ側につえを持ちます。 ただし、理学療法士から特別に指示が あった場合は、その指示に従ってくださ い。

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



3. 最初に、問題のある足 (ケガや衰弱など) とつえを前に出します。 つえと足がそろって動くようにしてください。

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



4. 問題のある足とつえの先にくるよう、正常な足を前に踏み出します。

Going Upstairs with a Cane

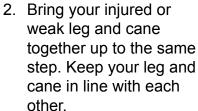
Take your time and go slowly. Have someone stand behind you to help the first time.

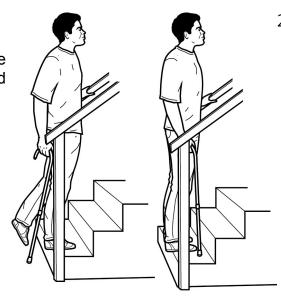
1. Grasp the handrail with your free hand. Begin by raising your good leg up to the first step.

つえを使って階段を上がる

時間をかけてゆっくりと進みます。最初は後ろに介助者に立ってもらってください。

1. つえと反対側の手で手すりをつか みます。一歩目は正常な足を最初 の段にのせます。



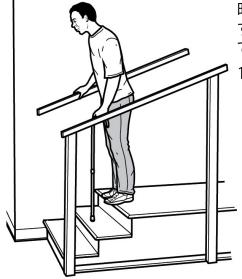


2. 同じ段に問題のある足とつ えを一緒にのせます。足とつ えがそろって動くようにして ください。

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.



つえを使って階段を下りる 時間をかけてゆっくりと進みま す。最初は正面に介助者に立っ

てもらってください。 1. 足を段差の手前でそろえ、一

1. 足を段差の手前でそろえ、一 つ下の段につえをのせます。

- 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. 先に問題のある足を下ろします。同じ段に正常な足をのせます。
- 3. 階段の一番下に着くまで、同 じ動作を繰り返します。

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

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

階段の上り下りにつえを使うときは、「**上るときはよい足から、下りるときは悪い足から**」と覚えるとよいでしょう。

質問や不明な事項については、主治医、看護師、または理学療法士にご相談ください。

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