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.



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



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



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

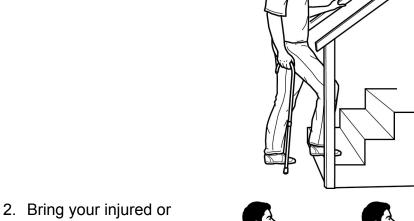
Take your time and go slowly. Have someone stand behind you to help the first time.

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

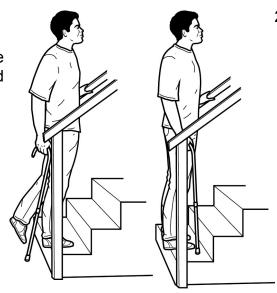
使用手杖上樓梯

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。



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

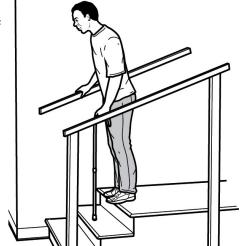


2. 將受傷或無力的腿與手杖一 起踩上同一階梯。腿與手杖 彼此保持一致。

Going Downstairs with a Cane

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

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



- 使用手杖下樓梯
 - 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。

- 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. 先邁出受傷或無力的腿。 將健康的腿踩在同一階。
- 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。

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