



Thank you for purchasing the 3rd Foot Cane by Aligned As Designed.

There is a learning curve to my cane from a few minutes to several days depending on the user. If you are used to using a traditional cane watching the videos below will make it easier to learn how to use the cane properly to maintain or regain more upright posture and a more balanced, stable walking gait.

Please hold the cane handle with your index finger and thumb wrapped around the front of the cane handle like the photo below. Let the cane foot strike the ground together with the foot of your opposite leg from back to front.

I have included some photos below on how to and how not to hold and use the cane handle and the cane foot properly. Please stand up as straight as you can when you use the cane. When the height of the cane is adjusted properly the weight of your body is distributed between the cane's foot and your feet. You don't have to lean forward onto the cane's handle to maintain balance.

Adjust the cane height of the 3rd Foot Cane higher than you would a traditional cane. There are 2 how to adjust videos available on Instagram and YouTube. Use your phone to scan in the codes below.



When the cane height is adjusted properly your shoulders should be level and your head should be centered between your shoulders.



How To Use The 3rd Foot Cane

1. Hold the cane on the side of your body next to the outside of your stronger leg.
2. The cane foot should be next to the outside of your foot. Not in front of it, or out to the side away from your body like you do to maintain balance with a traditional cane.
3. Move the cane foot together with your weaker leg an equal distance forward. Let the cane foot and your foot strike the ground together from heel to toe like in the videos. The cane's foot should not move further forward than the foot of your opposite leg. **If you have pain in your knees or your hip move the cane foot forward slightly less than your opposite foot when you walk.



HOW TO USE



HOW NOT TO USE

4. If using 2 canes follow the first three steps and don't forget to move the canes with the opposite foot when you walk.
5. If you have two different length legs, adjust one cane to a shorter height to accommodate your shorter leg. Put that cane next to your longer leg. When your shorter leg moves forward, the cane next to your longer leg moves forward with it.

Please watch the how to use video link below 4-5 times before and even after you start using the cane/canes to help you use the cane correctly.

Please feel free to reach out to me by email if you have any questions or if you want to set up a zoom call.

Best, Linda

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