

## Cane

A cane is a lightweight, movable device made out of wood or metal that provides assistance with balance when a patient walks. The mnemonic COAL (Cane Opposite Affected Leg) is used to remember how to hold a cane. Cane length should be equal to the distance between the greater trochanter and the floor, with the patient's elbows at a 15-30 degree angle. A quad cane, which has a four-pronged base, provides the most support and stability. Rubber tips are often used at the end of the device for safety.



PLAY PICMONIC

### COAL

#### Cane-Opposite-Affected-Leg on Coal

The mnemonic COAL (Cane Opposite Affected Leg) can be used to remember how to hold a cane, which is on the stronger side of the body (opposite affected leg). Take a step with the affected leg and bring the cane forward at the same time. The stronger leg is then advanced past the cane to maintain balance.

### Sizing a Cane

#### Sized Cane

To measure a cane's length, it is equal to the distance between the greater trochanter and the floor. The patient's elbows should be at a 15-30 degree angle while the hands are gripping the cane.

### Quad Cane

#### Quad Cane

The quad cane offers the most support and stability by providing a four-pronged base. This type of cane is used when there is partial or complete leg paralysis or some hemiplegia.

### Rubber Tips for Safety

#### Safety Rubber Tips

Canes should have rubber tips on the feet of the device for safety and to avoid the risk of falling.