MOBILITY

Cane vs. Walker: What's Better for Me?

What Matters

Mobility

4Ms

Medication

Mentation

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MOBILITY
Cane vs. Walker: What's Better for Me?

TIP SHEET

Why Cane or Walker?

Do I need a cane or walker?

A walker or cane can help improve your walking and help you stay safe. A walker or cane may help you if you have an unsteady gait, difficulty walking, pain, or weakness in your legs.

Where do I get a cane or walker ?

Your doctor, usually, primary care, can prescribe a cane or walker for you. In addition to getting a cane or walker, it is important to learn how to use it properly.

Who Will help Me?

Who will help me to have a cane or a walker?

Your primary doctor or physical therapist can help you to choose a cane or a walker. Your hand strength, heart or breathing conditions, other medical conditions and your home environment are also important. A cane or a walker is called durable medical equipment that is partially covered by Medicare. Medicare usually allows a few durable medical equipment within five years. When a cane or a walker is broken or has to be changed, case manager or social worker along with primary doctor has to help repair or changing processes.
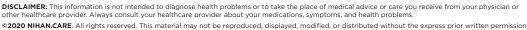
How Do I Learn to Use?

How do I learn to use a cane or a walker?

You need approximately two sessions of physical therapy to learn appropriate use of a cane or a walker with caregiver. These sessions will help you safely practice while walking or usual daily activities.

Can I use both a cane and a walker?

You can switch between the cane and walker. For example, it may make sense to use a cane in your house and walker outside.

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www.nihan.care | nihan@unlv.edu | (702) 272-0826

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