

## How to Use?

- First identify the height you would want to adjust it to
  - Stand straight and let your arms hang by your side comfortably
  - Measure the distance from the ground to your inner wrist
  - This is your ideal walking stick height
  - You can always visit your Physician or Therapist to get a more ideal measure and recommendation in case of advanced health issues especially back pain or postural deformity
- Holding the stick in your lap or on a table, loosen the black colored tension screw at the bottom
- Press the small spring-loaded pin on the side of the stick
- Push or pull the base to adjust the height of the stick as necessary
- Tighten the tension screw at the bottom again
- The ferrule can be changed or pulled out for cleaning easily. Please ensure it is well settled on the base before using the stick daily
- For walking:
  - Ensure that the stick is at the proper height with your elbow at about an angle of 20 degrees while holding it
  - Hold the stick in the hand opposite to the weaker or injured leg
  - Lift the stick and put it at about an arm's length
  - Step forward with your injured leg first
  - Now put the other leg in front and continue walking
  - Repeat the last four steps and walk steadily maintaining normal posture

### REMEMBER

- Please do not use the stick to lift, hold or bar weights such as luggage or as tool for defence
- The coating is prone to scratches. Please do not throw the stick around or misuse it for any other purpose

- If you notice damage to the body of the stick, please replace it