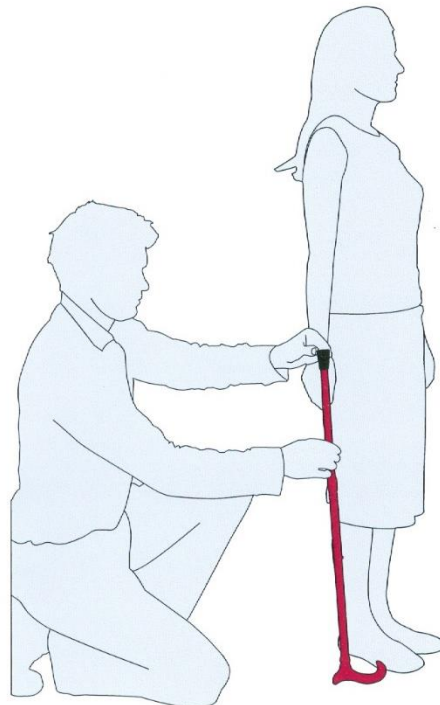


HOW LONG SHOULD MY WALKING STICK BE?

Physiotherapists recommend the following method of determining the correct height for a walking stick. The walking stick user should stand upright, in the type of shoes they usually wear, with their arms hanging naturally by their sides. Another person should turn the walking stick upside down, so that the handle is resting on the floor. Positioning the stick next to the user, make a small mark on the shaft of the stick level with the bump at the bottom of the wrist bone. Using a small saw, cut the stick at this point. This will mean that the user's arm will be slightly bent when they hold the stick.

If the walking stick user is not present, for example if they are buying their walking stick by mail order or through the internet, they can determine how long their walking stick should be by asking another person to measure the distance from their wrist bone to the floor. The walking stick user should ensure they are standing correctly i.e. standing upright, in the type of shoes they usually wear, with their arms hanging naturally by their sides.

Please note that this information is a guide only. Consult your doctor or physiotherapist if you require specific, medical advice on this matter.



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