

Guide to Walking Sticks

Guide to Measuring & Choosing a Walking Stick

Measuring a Stick

When the stick is measured correctly the user should be able to maintain an upright posture with the elbow slightly flexed. In this way body weight is taken through the stick by pushing down when walking.

It is important that a walking stick is the correct length. Measure the stick with the handle resting on the floor against the arm held in a relaxed position by the side of the body, trim the excess length of the walking stick above the level of the wrist joint.

When it is necessary to use 2 sticks, the length of the sticks will need to be slightly longer as they will be in front of the body.

Types of handle

Anatomic Handle:

Handle specifically designed for those with weak hands or wrists caused by conditions such as arthritis.

Designed to allow pressure to be spread more evenly across the palm providing the user with a more usable grip

Both left and right hand versions available

Crutch Handle

Softly contoured handle

Designed for maximum comfort and strength

Crook Handle

Traditional crook shaping aids easy handling and can be used to hook over chairs, shelf or ledge to keep to hand

Escort Handle

Ergonomically shaped handle is contoured in three dimensions to fit comfortably in to either hand

Ferrules

Spare ferrules are available in a variety of different styles

Ferrules are fitted as indicated but should be replaced once they become worn to ensure maximum safety