Canes and Walkers

Which One Is Right for You?

There are many types of canes, walkers, and other assistive devices available. If you think you need a cane or walker, talk to your doctor and/or a physical therapist to make sure you get the product that is best for you.

Canes

Canes provide support and balance and may help some people avoid falls.

- You can support up to 25% of your weight with a cane.
- Typical reasons for using a cane:
  - Arthritis, especially of the knees and hips
  - Mild balance disorders
  - Injuries to the foot or leg
Walkers

Walkers provide support and balance and may help some people avoid falls.

- You can support up to 50% of your weight with a walker.
- Typical reasons for using a walker:
  - Arthritis, especially of the knees and hips
  - Moderately severe balance and gait disorders
  - Generalized weakness of hips and legs
- In most cases, canes and walkers are reimbursable through Medicare and other insurers.

Disclaimer: This information is not intended as a substitute for professional care. Your physician should be consulted for personalized information.