

# How to measure up for a Walking Stick

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It is very important that your walking stick is the right size for your height

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Here are the steps to measure for a walking stick:

- 1 Put on your usual shoes.
- 2 Stand in an upright position, with your feet together and adopt a relaxed posture.
- 3 Hang your arm naturally and comfortably by your side, with your elbow very slightly bent.
- 4 Have someone measure from the inside of your wrist to the floor.
- 5 This measurement is the correct handle height for your Walking Stick.

The stick handle should be level with the crease of the wrist.

You may find it easier to turn the stick upside down, so that the handle is on the floor.

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

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