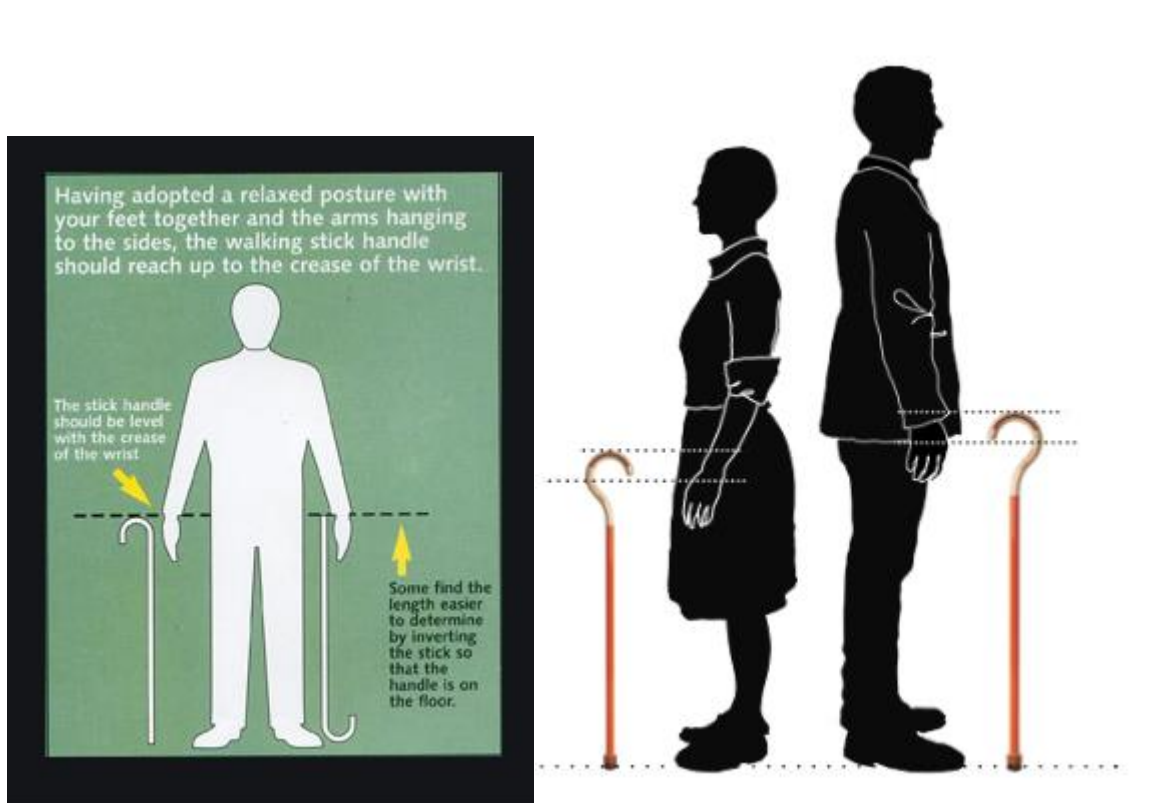


HOW TO MEASURE FOR A WALKING STICK

It is very important that you get the size that is right for your height.

Here are the steps to measure for a walking aid:

1. Put on your usual walking shoes.
2. Stand in an upright position, with your arm held naturally and comfortably at your side, and with your elbow very slightly bent.
3. Have someone measure from the inside of your wrist to the floor.
4. This is the height to the handle of the walking aid you choose to use.



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