



White Cane

Cane Maintenance and How to Replace Tips

Cleaning Your Cane

Dirt and debris can make your cane less visible or reflective, it can make the joints harder to open and close, and it can affect how well the tip glides or moves and how much feedback you notice.

- Clean your cane at least monthly or as needed, using a cloth, paper towel, or other wipe.
- For a folding cane, pull apart the joints and clean the areas where they meet, then rub the joints with a bar of soap, wax, petroleum jelly, or oil to help them work smoothly.
- Check the cord in a folding cane regularly for wear or fraying. Inspect it by feeling the cord as you pull apart the joints.
- Check and clean the tip frequently, and check for wear.

Replacing a Cane Tip

To change a slip-on tip:

- Pull off the existing tip, then slip the new tip over the end of the shaft.

- Hold the cane straight up and down and tap the new tip on the ground a few times to set it tightly.

To change a hook tip:

- Pull the tip a few inches away from the cane and use one hand to pinch and hold the elastic cord.
- Some canes have a plastic blocker to keep the elastic from slipping back into the shaft. If yours does, make sure the blocker is in place, at a right angle to the shaft. Otherwise, you can attach a clamp or a strong clip to the elastic where it comes out of the shaft. Or, if the elastic has a loop at the end where the tip's hook is attached, slide a straight object, like a pencil, through the loop to prevent the elastic from retracting into the shaft.
- Unhook the tip from the elastic cord, and hook on the new tip.
 - If the elastic cord has a loop, slide the hook onto the loop.
 - If the cord has a knot instead of a loop, hook the tip around the cord between the knot and the shaft—or, if there's enough elastic, you might want to tie a loop and hook the tip on the loop. Be sure the knot is sturdy enough to hold, but small enough to fit back into the shaft.
- Remove the clamp or other device, and gently allow the elastic and the hook end of the tip to retract until the tip fits snugly into the shaft.

Retrieving a Retracted Elastic Cord

- If the elastic cord does slip back into the cane, one option is to use a crochet hook, or a strong piece of wire (like a wire hanger) with one end bent into a hook, to retrieve it.
 - Slide the hook or the wire into the shaft from the bottom and use it to catch the elastic and pull it back out.
- If your cane has extra cord extending from the grip at the top, you can untie the knot in it to release the tension. Be careful not to let the cord slip all the way through the handle, and be sure to re-tie the knot at the top once the elastic cord is retrieved through the bottom.
- For a folding cane, another option is to carefully pull the cane's bottom section away from the section next to it. The knot in the elastic usually gets stuck in the bottom connector, and you can access the cord between the two sections.
 - Hold the elastic where it connects the two sections and pull it downward, to give it some slack. Then pinch or clamp the elastic to keep it from retracting into the top sections.
 - Push the elastic through the bottom section until it comes out the other end.