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Chennai, Tamil Nadu, India | Made in China for Mobilita  
customer@mobilita.in | TollFree 1800 121 8485

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1800-121-8485 | [www.mobilita.in](http://www.mobilita.in)

## THE CORRECT POSITION

### WEIGHT CAPACITY 170 Kg

Stick length should be roughly the distance from the ground to the wrist crease.

Size adjustable sticks have made it easier to set length that is best suited to an individuals' height.

### CAUTION

Check the bottom of your cane daily to make sure it is in good condition. Bottom that is worn or missing can cause you to slip and fall.

## SETTING THE RIGHT HEIGHT FOR WALKING STICKS

### SIZE CHART FOR WALKING STICKS

USER'S HEIGHT	APPROX STICK SIZE
5' - 5'3"	30" - 32.5"
5'3 - 5'6"	32.5" - 33.5"
5'6 - 5'9"	33.5" - 34.5"
5'9" - 6'	34.5 - 36"
6' - 6'3"	36" - 39"