



What Walking can Good for you.

I was 35 years of age blue two disks in my back and wound up walking with a cane for a year and a half then then it didn't seem like it was for the elderly didn't seem so funny. I I looked and I mean I looked everywhere to find not a walking stick but it came that I could rely on that didn't make me look like I was 98 years of age now here's the funny part my dad who is 98 years of age doesn't want to best [walking cane](#) with that's right it makes you feel old or makes you look old yeah this is called Campbell's posture cane it is a better way to have mobility security and safety I get to introduce you to dr. mark.

I was 98 years of age now here's the funny part my dad who is 98 years of age doesn't want to walk with a cane that's right it makes you feel old or makes you look old yeah this is called Campbell's posture cane it is a better way to have mobility security and safety I get to introduce you to dr. mark leisure welcome back always a pleasure I never get to see you you're so busy this guy's actually a really good friend but he's always on the road doing seminars and working with you know wonderful people you are how tall I'm six foot five okay I am NOT less than sorry not less that night yeah last day I spend okay this same this same cane the the Campbell paint is the same cane for both of us and yet it's fully adjustable and I had never seen a design like that but it's all got purpose well it doesn't it's a it's a specifically designed handle handle because if you look at a traditional cane right you're putting a lot of your weight on your arm right so the traditional cane you're bent forward right that's actually pretty danger so in my practice I see often patients who are coming .

A women Who have [Walking Cane for Womens](#) that lack of mobility that lack of balance and they're looking for a little little extra stability but with traditional canes where you're leaning forward you're putting a lot of pressure on your hand and your center of gravity is forward and you're more at risk yeah actually for having one of those Falls and with a ramble can you point frankly you're putting faith in a stick and when you're leaning forward with your weight on it if if you lose any mobility you topple over you're keeping going in the number one cause of injuries for older Americans are Falls that's exactly it so dr. mark brought this to us they've been remarkably popular this is the very last night that I can make them available under \$30 if you know someone who walks with a walking stick or a cane try this there's what is it 12 different height adjustments there are ten settings advanced by itself.



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