

Trailing Tip Sheet

Trailing:

Purpose: to maintain contact with a surface and travel parallel to that surface.

Hand trailing:

Arm and hand position:

- The arm is extended slightly forward (arm and torso create an angle of approximately 30-45 degrees)
- The fingertips are curled in or dropped down to avoid jamming them into obstacle(s)
- The fatty pad on the side of the hand (generally below pinkie surface) glides along the surface being trailed. The knuckles should not be used as the skin is thin and tears easily
- To avoid abrasions to the skin on rough surfaces (brick, stucco, etc.), the hand gently pats the surface rather than glides along it.

Trailing with a cane or shorelining:

Diagonal technique: indoor use with no surface changes (steps)

Using the cane in diagonal technique the tip is placed at the base of the wall and floor and glides along to detect obstacles/openings, and surface changes.

Shorelining: constant contact or two point touch with cane touching surface to be trailed every time it moves to the trailed surface side.