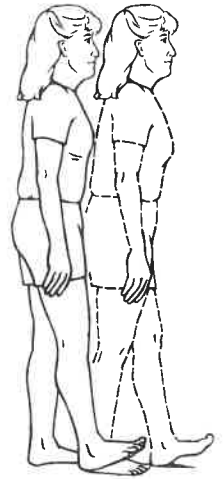


General Safety Tips

- The purpose of these exercises is to improve the ability to maintain balance during sitting, standing, or walking activities; and to increase one's general activity level and safety in a variety of home and community situations.
- For safety, all exercises must be performed close to a support surface (wall, countertop) or next to someone.

GAIT - 22 Walking on Heels

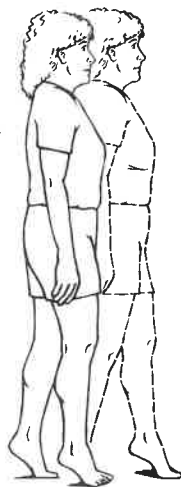
Walk on heels for 6 feet while continuing in a straight path. Repeat 2- 3 times



GAIT - 23 Walking on Toes

Walk on toes for 6 feet while continuing in a straight path. Staying close to support for safety

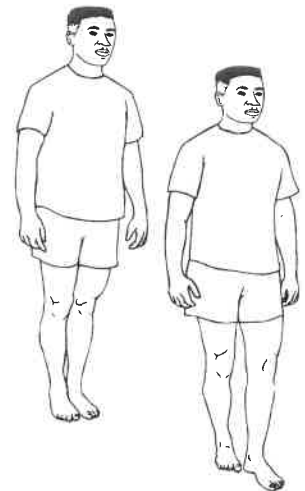
Do 1 sessions per day.



GAIT - 9 Feet Close Together

Place feet closer together than normal width and walk while maintaining a straight path.

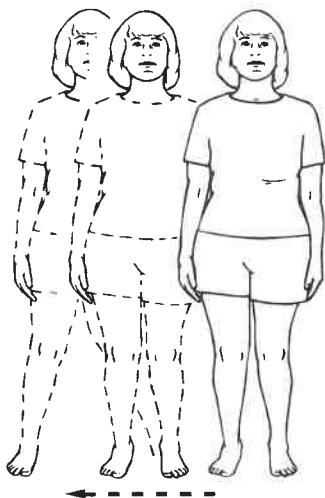
practice 6 - 8 feet distance, repeat 4-5 times, daily, staying close to support system.



GAIT - 8 Side-Stepping

Walk to right side with eyes open . Walk evenly, leading with same foot. Make sure each foot lifts off the floor.

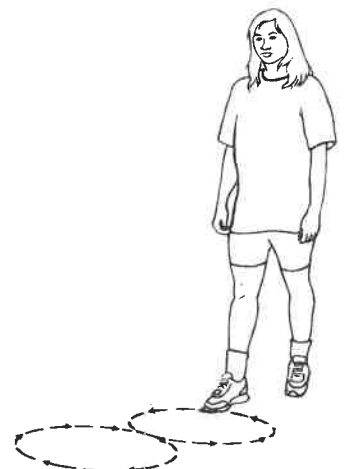
Practice the length of your hallway or counter, 6-8 times, Daily.



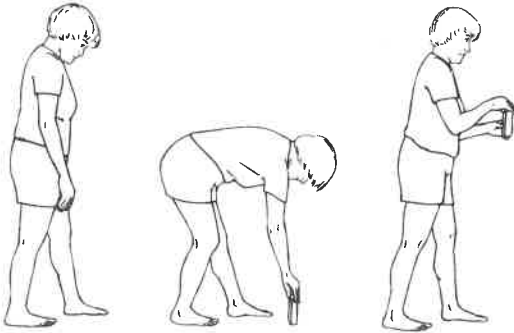
GAIT - 20 Figure Eight

Walk making a figure eight pattern.

Repeat 2-3 times per session.
Do 1 sessions per day.



GAIT - 18
Picking Up / Carrying Object



While walking, pick up water bottle and carry for 6 feet. Return object to the floor.

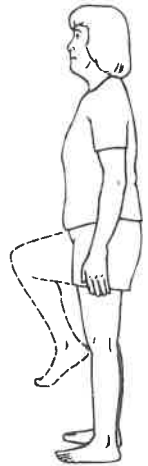
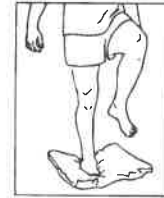
Repeat sequence 3-4 times per session.daily. Start practicing in the hallway for safety or next to counter

STANDING DYNAMIC - 12
Marching in Place: Varied Surfaces

March in place, slowly lifting knees toward ceiling.

Repeat 10 times per session.

Do 1 sessions per day.



Repeat 2-3 times next to counter or chair