

# Walking Exercises

## Side Stepping



### Suggested Accessories

→ None

### Safety

→ Perform this exercise on safe walkway. This should be a firm surface like tiled, linoleum, or wood floor, close to a wall or counter for your safety. Remove all rugs and obstacles from your walking path.

### Exercise Instructions

- Begin by facing sideways in a normal standing position with your toes pointing straight ahead.
- Take 5 big steps to the right, then 5 big steps to the left at a comfortable pace.
- Stand tall while stepping, keeping your head up and looking straight ahead.
- It is important to keep your toes pointing straight as you take each sidestep.
- Perform this exercise \_\_\_\_ times per day \_\_\_\_ times per week.
- For added challenge perform this exercise while also saying alternate letters of the alphabet starting at D.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by the University of Michigan Health System (UMHS). Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

Last Revised: 04/2016

This work has been supported by the National Science Foundation (NSF GARDE 1159635)