

# Walking Exercises

## G-13: Heel to Toe Walk Forward



### 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 standing with one foot directly in front of the other while holding onto the chair/wall to get into a good steady neutral position.
- Walk forward heel to toe by placing one foot directly in front of the other foot for 10-12 feet.
- Stand tall, head up, eyes open looking forward and walk at a safe speed.
- At the end of your walkway slowly turn around and continue for 30 seconds.
- Perform this exercise \_\_\_\_ times per day \_\_\_\_ times per week.
- For added challenge perform the exercise while also naming girls names A-Z.

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.

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