

# Walking Exercises

## Walking with Up and Down Head Movement



### Suggested Accessories

→ Metronome **OR** clock with a second hand

### 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

- Walk 10 to 12 feet at a **comfortable speed** with a normal step length. While walking, **move your head half way up, back to center, half way down, then back to center** to the beat of the metronome set at 60 beats/minute.
- While moving your head you should not have neck pain or dizziness.
- At the end of your walkway slowly turn around and return to your starting point.
- Perform this exercise \_\_\_\_ times per day \_\_\_\_ times per week.
- For added challenge perform the exercise while also counting backward by 7's starting at 100.

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)