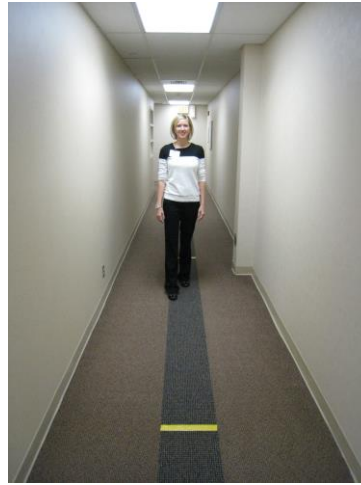


Walking Exercises

Backward Walking



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

- **Carefully walk backwards** 10 to 12 feet at a normal speed. Try to take normal size steps.
- Stand tall while walking backwards, keeping your head up, and look straight ahead.
- At the end of your walkway slowly turn around and walk backwards to your starting point.
- Perform this exercise ____ times per day ____ times per week.
- For added challenge perform this exercise while also saying girls names from A to 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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