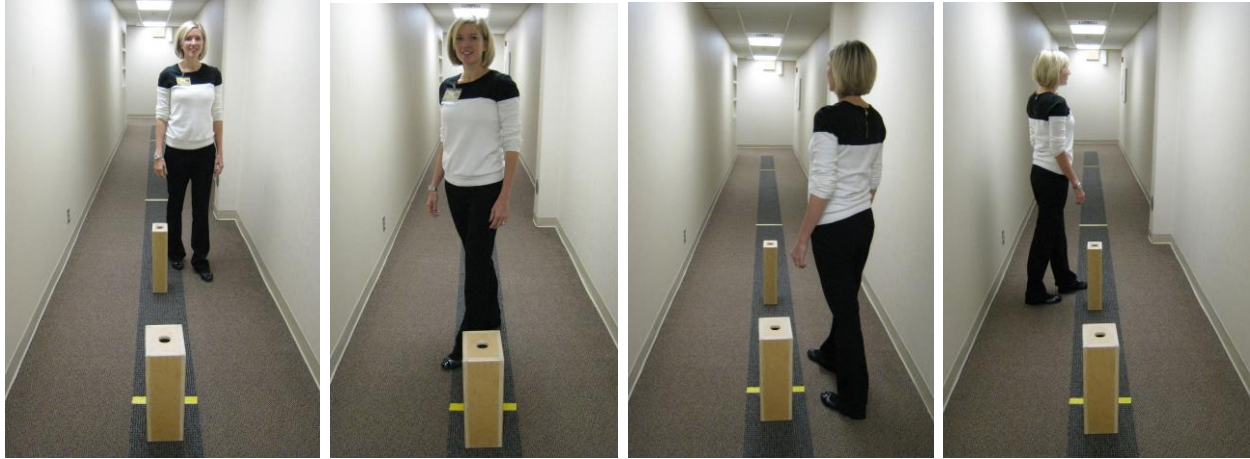


# Walking Exercises

## Walking in a Figure 8 Pattern



### Suggested Accessories

→ Two shoe boxes **OR** two other small objects.

### 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

- Put two objects on the floor about 4 feet apart. Shoe boxes on their side work well.
- Walk around these objects in a figure 8 pattern for 30 seconds.
- Walk tall, head up if possible. Look at boxes as needed to prevent falling.
- Perform this exercise \_\_\_ times per day \_\_\_ times per week.
- For added challenge perform the exercise while also counting backwards 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.

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