

Walking Exercises

Walking Forward on Heels



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

- Lift your toes up and **walk forward on your heels** for 10 to 12 feet. Try to take normal size steps.
- Stand tall while walking on your heels, keeping your head up, and look straight ahead.
- At the end of your walkway, slowly turn around and walk on your heels back to your starting point.
- Perform this exercise ____ times per day ____ times per week
- For added challenge perform this exercise while 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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