

Walking Exercises

High March Step



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

- March for 10 to 12 feet by **raising your knees**. March at a comfortable pace.
- Stand tall while marching, keeping your head up, and look straight ahead.
- 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 this exercise while also counting backwards by 7's starting at 99.

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)