

Walking Exercises

Walking with Side to Side 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 **normal speed** with normal step length. While walking, turn your **head to look left, back to center, look right, then back to the center**. Turn your head 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 this exercise while also saying words that start with F.

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)