

# Walking Exercises

## Step over Shoe Box



### Suggested Accessories

→ Shoebox

### 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

- Place the shoebox in the middle of your walkway. **Walk at a normal speed up to the shoebox, step over the shoebox and continue walking to the end of your path.**
- Stand tall while walking, keeping your head up, and look straight ahead. You may look down as you approach the shoebox.
- At the end of your walkway slowly turn around and return to your starting point, stepping over the shoebox on the way back.
- Perform this exercise \_\_\_\_ times per day \_\_\_\_ times per week.
- For added challenge perform this exercise while also counting backward by 3's starting at 95.

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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