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Notes :

## 1 Walking with knees high

Walk and lift your knees high.



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## 2 Slow marching, high knees

Walk slowly on the spot and raise your knees alternately. Steady yourself with a chair or wall if needed.



### 3 Sideways walk



Stand in front of a table and hold onto it.  
Walk sideways for the length of the table.  
When you step sideways, look directly ahead of you  
and keep your back straight.  
To progress, repeat without holding onto the table.

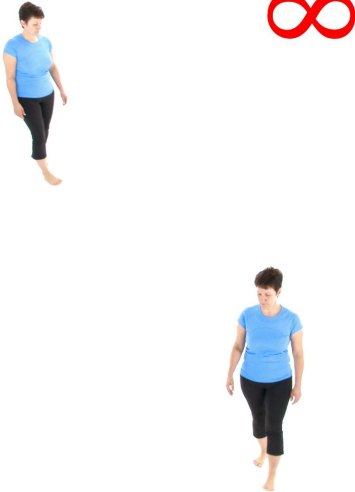
### 4 Walking; braiding



Walk sideways and cross your leg in front then  
behind the support leg.  
Repeat toward the opposite direction.

## 5 Walking in figure eight

With your eyes open, walk in a figure eight pattern.

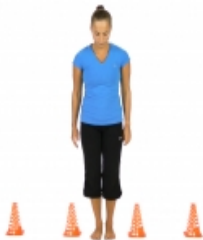
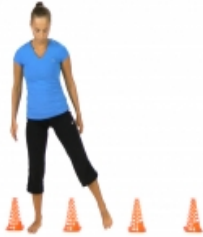


## 6 Step over cones, level 1

Make a staggered line of cones on the ground and step over them, one at the time and facing forward. Do not let one hip drop as you lift one leg.



## 7 Side step over cones, level 1



Make a staggered line of cones on the ground and step over them, one at a time and moving sideways. Do one side first and then come back to do the other side.

## 8 Tandem walking



Stand up straight beside a table or chair and hold onto it.  
Step forward in a straight line as though you were walking on a tight rope.  
Make sure that the heel of one foot touches the toe of the other every time you step forward.  
To progress, repeat without holding onto the table.

## 9 Walk on the tip of the toes



Stand with your feet slightly apart and your back straight. Walk on the tip of your toes. Lean on table if necessary. To progress, repeat without leaning on table.

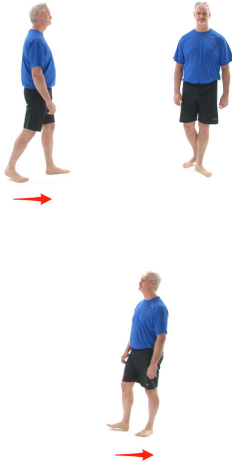
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## 10 Heels walking



Walk at a comfortable pace on your heels.

## 11 Forward/backward walking



On a solid ground, walk forward making a 180° turn in place, leading with your head and eyes, toward one side every determined number of steps. Walk in the same direction so when you do a half turn you'll walk backward until the next half turn.

## 12 Walking backward



Perform this exercise near a wall or counter top for increased safety. Walk backward taking regular steps.

### 13 Walk while counting down

Perform this exercise near a wall or counter top for increased safety. Walk at a comfortable pace and count down loud (20-19-18...). Repeat.



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### 14 Walking, look to the side

Walk on a solid surface with your head and eyes facing forward.

Turn your head and eyes to one side for a determined number of steps.

Turn your head and eyes to the opposite side.

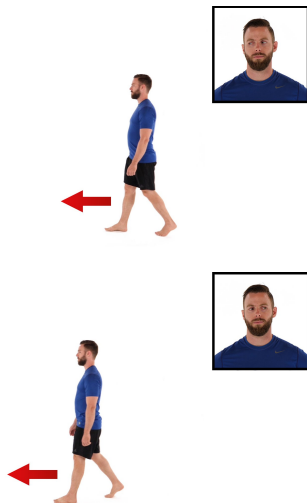


## 15 Walking: stop and start cues



Walk on a solid ground with your eyes open.  
Have someone cue you to stop and start on command.

## 16 Walk and look



Walk at a comfortable pace in an obstacle-free area where you can walk in a straight line.

Walk at a constant speed while moving your eyes left and right or up and down.

Progress by turning the head and eyes left and right or up and down while walking at a constant speed.

Progressions:

- 1) Walk next to someone that throws a ball at you that you need to catch and throw back to your partner.
- 2) Add a cognitive task; count backward by step of 3.
- 3) Increase your walking speed.
- 4) Do the task on a treadmill.
- 5) Move your head diagonally (up and left / down and right).

If the task is too hard, wear a heavy backpack on your shoulders.