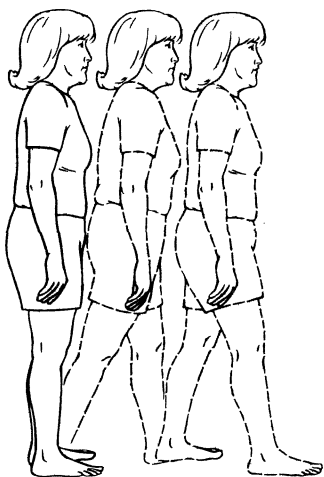


GAIT - 21
Varied Speeds

Walk starting with a comfortable speed, then vary it by slowing down and speeding up. Continue in a straight path.

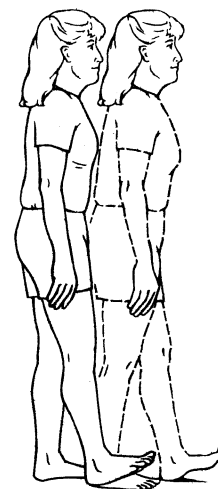
Repeat for _____ minutes.
 Do _____ sessions per day.
 ___ Repeat with eyes closed.
 ___ Repeat on _____ surface.



GAIT - 22
Walking on Heels

Walk on heels for _____ feet while continuing in a straight path.

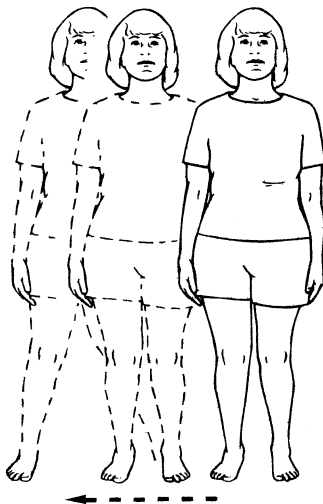
Do _____ sessions per day.
 ___ Repeat with eyes closed.
 ___ Repeat on _____ surface.



GAIT - 8
Side-Stepping

Walk to right side with eyes open. Walk evenly, leading with same foot. Make sure each foot lifts off the floor.

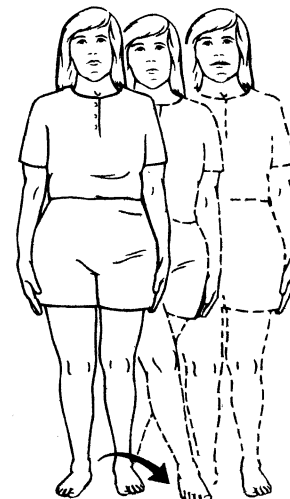
Repeat for _____ minutes.
 Do _____ sessions per day
 ___ Repeat on _____ surface.



GAIT - 16
Crossovers

Move to side: cross right leg in front, bring back leg out to side. Repeat, progressing in same direction. Move in opposite direction using other leg in front.

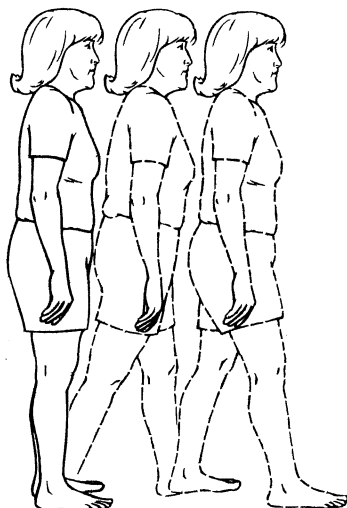
Repeat sequence _____ times.
 Do _____ sessions per day.
 ___ Repeat with eyes closed.
 ___ Repeat on _____ surface.



GAIT - 17
Stop / Start on Command

Walk slowly on solid ground. Have someone cue you to "stop" and "start" on command.

Repeat for _____ minutes.
 Do _____ sessions per day.
 ___ Repeat with eyes closed.
 ___ Repeat on _____ surface.



GAIT - 23
Walking on Toes

Walk on toes for _____ feet while continuing in a straight path.

Do _____ sessions per day.
 ___ Repeat with eyes closed.
 ___ Repeat on _____ surface.

