

# BACKWARD WALKING



1. Stand in middle of hallway, place one hand on a wall for support.
2. With eyes OPEN, focus on fixed, vertical object.
3. Slowly step backward with one foot. Touch toe down first then roll back to heel.
4. Repeat with other foot, taking small steps.
5. Take 20 steps, turning around as needed to maintain contact with a wall.

## GOOD FOR

Regaining balance  
Walking in low light  
Stairs  
Turning in small spaces  
Opening a door

## REPEAT

2-3 times daily

## TIPS

- Wear supportive shoes with rubber soles
- Keep body straight up and down
- Keep stomach tight & remember to breathe!

## READY FOR MORE?

Move faster

Backward tightrope walk- bring toes of one foot directly behind heel of other, then move front foot to back, & so on