

HOW TO TURN



1. Stand tall with feet shoulder width apart.
2. On turning side, step foot out & turn hips.
3. Bring other foot around so both feet face the same way & make sure feet are still shoulder width apart.
4. Repeat the step pattern until facing the direction you want to go.

TIPS

- Take extra care on sloped, soft or uneven surfaces
- **WITH A CANE** -turn AWAY from the hand holding cane
- **WITH A WALKER** - turn walker toward turning side first, then move feet



Don't cross your feet when turning — you will be less stable.