

Balance/stability

Tandem walking



Place one foot in front of the other so that the heel of the forward foot touches the toes of the rear foot.

Walk as if on a tightrope with the heel of one foot touching the toes of the other.

Walk for around 10 feet/3m.

Comments

- Carry out this exercise on firm flooring e.g. without carpeting or on a low-pile carpet.

Functional application

Useful where balance is a problem.

Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions