

TANDEM WALKING



1

Stand next to a counter or wall for support if needed.

2

Take one step forward, placing one foot directly in front of the other, heel to toe. As you step, your heel should touch the floor first, followed by your toes.

3

Keep walking in a straight line along length of wall/counter, or for 20-30 steps. Repeat 3-5x

*Disclaimer - This exercise is for general informational purposes and is not a substitute for medical advice. Always consult your doctor before starting a new exercise routine.