

Stair Walking Exercise

Caution: This exercise is fairly advanced and not designed for severe balance disorders. This exercise should be done carefully. Children should do this exercise in the company of a responsible adult. Do not do this exercise if your balance is too unstable to prevent a fall. Do these exercises only when fully alert i.e. do the exercises a few hours after getting up or a few hours before going to bed. It's also important not to do them if you are low blood sugar.

Purpose: this exercise is designed to help improve the balance part of the nervous system which also has control over the spinal muscles and posture.

Procedure

Basic Stair Walk:

- Stand with your eyes closed, arms against your side and head straight.
- Climb 3 steps forwards and then down backwards one foot at a time on each step. Both feet together at the top and bottom step only.
- Repeat 3 times, 3 times daily.
- When going upstairs the tendency is drop the head forward. Avoid this keeping your head straight. Do not allow your arms to swing.

Advanced Variations:

- Increase number of steps: when you are finding the basic exercise easy, increase the number of steps. Start with 5 and when ready increase it up to 7 then 9.
- Walk down forwards and up backwards: when you are able to walk up 9 steps with confidence and skill (i.e. not wobbling), start with 3 steps again, this time walking down forwards and up backwards. Again gradually increase the number of steps.
- Carrying a tray: go back to doing 3 steps forwards and down backwards, this time the eyes can be open. Carry a tray with a plastic cup of water on it without spilling. Alternatively the exercise can be done with toy bricks, formed into increasingly taller towers. Again build up to the number of steps. Further advance this exercise by closing your eyes.



Back-in-Action Chiropractic Clinic - Pain Relief, Rehabilitation, Performance & Wellbeing
28 Cop Lane, Penwortham, Preston, Lancs, PR1 0SR

Tel: 01772 749245 E-mail: reception@back-in-action.com Web: www.back-in-action.com