

Foundations of Improving Gait:

Balance-Feet together, feet apart, stagger stance

Range of motion-in all joints up the chain-ankles, knees, hips, pelvis, entire spine, head/neck junction

Weight Shifting- Front/back; side to side; diagonally (like the face of a clock)

Cadence/Timing-rhythmic and smooth. Better to be a little slower and be smoother to maintain upright posture and balance

Strength-symmetrical as possible- Important to improve the weaker muscle groups but strive for symmetry right to left

Endurance-keep under consideration how far/long you can walk (or exercise in general) while maintaining quality of movement and posture. Taking breaks and resuming activity or "mixing it up" is perfectly legit. Think in terms of total minutes. Avoid just "slogging through it"