



## Lateral Band Walks

### **Starting position:**

Put band around ankles. Keep feet slightly wider than shoulders so band has tension on it. Keep feet, knees, and hips straight and pointed forward.

### **Movement:**

Take small steps sideways keeping tension on the band at all times. Continue to shuffle step like this across room or down hall. Repeat back to starting point. (DO NOT TURN AROUND)

**Perform \_\_\_ Feet \_\_\_ Sets \_\_\_ Times a day**



## Backward Band Walks

### **Starting position:**

Put band around ankles. Keep feet slightly wider than shoulders so band has tension on it. Keep feet, knees, and hips straight and pointed forward.

### **Movement:**

Take small steps backward keeping tension on the band at all times. Continue to shuffle step like this across room or down hall. Turn around and repeat back to starting point.

**Perform \_\_\_ Feet \_\_\_ Sets \_\_\_ Times a day**