



Stay On Your Feet...

STEP 5 Walk Tall

Always walk with your body upright and straight. Over time, changes may take place in the way you walk. It may be due to hip degeneration or lack of physical activity.

Changes to your walk can be caused by many things:

- A loss of leg strength leads to shuffling and putting your feet closer together (women) or further apart (men).
- Poor hip flexibility and reduced shoulder mobility causes you to take shorter steps.
- Loss of strength in the upper body and back makes you lean forward in order to balance.

How to walk tall

- Becoming more active can help you return to being straight and upright.
- Perhaps a walking aid can help. Talk to your doctor, physiotherapist or occupational therapist about what would work for you.

If you use a walking aid

- Make sure it was designed and fitted just for you. If it is the wrong length you are likely to lean to one side and walk crooked.
- Keep it clean and in good working order, especially if it has rubber tips or wheels.
- Organize your home so you can get around with your walking aid. You may need to rearrange some furniture.

Stay Active, Stay Independent and Stay On Your Feet!



For more information on the 9 steps, call:

Stay On Your Feet North Bay 705 474-1400

Stay On Your Feet Parry Sound 705 746-5801

1 800-563-2808

What can I do to walk tall?

Review what you do to walk tall and complete the table below.

An example is given to help.

What positive steps am I already taking?

I walk quite a bit, but not as regularly as before

What changes might help me stay on my feet?

I'll try to walk 3 times a week

Maybe I can try pilates

How will I make these changes? Is there anyone I need to contact?

Dave next door does early morning walks, I can call him to see if I can join him

Check out the local gym for pilates classes

Who else do you know who would benefit from this information?