

SIDE STEPS WALKING

Sidestepping adds a little maneuverability to an everyday skill. A side step with a bit of a knee bend actually turns this activity into a modified side lunge. Side stepping will strengthen hip abduction and reduce fall risk.

Benefits »

- ⦿ Combines strength, balance, and mobility.
- ⦿ Builds lateral stability by strengthening hip abductors and adductors.
- ⦿ Practices lateral stepping for improved agility.

Set It Up »

You will not need any special equipment for this exercise, unless you choose to use light ankle weights for some participants. Tubing with ankle cuffs should be used only in one-on-one training.

How to Do It »

The Start

Participants stand tall with appropriate balance support. This exercise is done moving, so a handrail, counter, or row of sturdy chair backs will work best. Good balance support can also involve holding hands with each other. Pairs of participants can face each other and hold each other's hands or forearms (see *Waltzing Matildas* on page 320).

The Moves

Use the following cues.

- ⦿ Step six to eight times to the right.
- ⦿ Step six to eight times to the left.
- ⦿ Rest.
- ⦿ Repeat once or twice.



Take It Further »

- ⦿ Take wider steps.
- ⦿ Add big knee bends to each step. Cue participants to bend and straighten the receiving knee with each step.
- ⦿ If you are working with individual clients, use tubing to add resistance and more balance challenge.

Give It More Balance »

- ⦿ Reduce balance supports.
- ⦿ Cue participants to place their hands on their hips. Supervise them closely.
- ⦿ Add music to provide rhythm. Waltzes are great for this.