

## Four Point Gait with Walking Sticks



Keeping left stick on the ground, bring right stick forward and place it on the ground ahead of you.



Keeping both sticks on the ground, step forward with left foot (heel first).



Keeping right stick on the ground and feet stationary,  
bring left stick forward and place it on the ground.  
Pause in this position for 4-5 deep breaths.  
Attempt to fill or expand your left upper back with air on each inhalation.



Keeping both sticks on the ground, step forward with  
your right foot (heel first).

*Relax and repeat the sequence 4 more times.  
This is part of the Postural Restoration Program*

**This exercise is to train the body to:**

- \*Sense back of left lungs
- \*Stay to left longer as bring right leg forward (delay in gait)
- \*Strengthen left pelvic floor & diaphragm
- \*Gain sense of foot in front of body with heel first (not leading with head)