

Tandem Walking

*There are many modifications for this exercise. Please consult your Physical Therapist to see what the best option for your child are along with sets and repetitions.

Tandem walking on a line

In an open space have the child walk from one side of the room to the other walking heel to toe with each step. If you have a line on a rug or tile floor available, you can use the line as a visual guide for the child to walk along. To make this activity more engaging for your child you can pretend they are walking a tightrope, make it a race, have them balance a ball on plate as they walk, have the child transport their favorite toys from one side of the room to the other. Feel free to get creative!

Assistance Progression

If your child is unable to perform this activity on their own, you can help them. If your child requires a lot of assistance the use of a gait belt or holding two hands may be needed. As your child improves progress to one hand and then stand by assistance.

