

Gait Recommendations

1. Lead with the left arm and the right leg when moving forward. Remember to move both the left arm with the right leg and the right arm with the left leg.
2. Hit each heel as you strike the ground and try to push off with your great toes on each side when your foot leaves the ground.
3. Wear shoes that have good arch support and find and feel your right arch with each step you take on the right side.
4. Occasionally take a smaller step with the left leg than the right or a larger step with the right leg than the left. Remember this would include moving the left arm forward more than the right or the right arm backward more than the left.
5. Walk and weave. Move from the left side of the sidewalk to the right and vice versa.
6. When walking clockwise, remember to focus on feeling the right shoe arch and take a greater swing with the left arm as the right leg moves forward and your body weight shifts over the left leg.
7. When walking counter-clockwise, remember to heel strike and push off with the great toe on the left side. As the right knee comes up, when the left foot is on the ground, move the left elbow to the right knee slightly more and raise the right knee slightly higher than you would on the other side.

