



Check your walking pattern

by Debra J. Rose, Ph.D.

Here is a quick and easy way to check the quality of your walking pattern. All you need is a full-length mirror.

Walk directly toward the mirror and observe the following:

- Your knees are pointing forward.
- Your hips are level.
- Your arms swing rhythmically as you walk.
- Both sides of your body are symmetrical (arm swing, step length, etc.).
- You are walking tall (e.g. your head is erect and your ears are directly above your shoulders).

Walk alongside a wall mirror (a full-length mirror is helpful for this activity) and observe the following:

- Your heel makes contact with the floor first on each step.
- You can feel the pressure roll up to the toes as you push off from the floor.
- Your knee is almost fully extended before your heel contacts the floor.
- Your steps are of equal length.
- Your ears are directly above your shoulders and your body is upright.

This checklist is reprinted with permission from a recent book by Debra J. Rose, Ph.D., codirector of the Center for Successful Aging at California State University at Fullerton. Dr. Rose's book, *FallProof! A Comprehensive Balance and Mobility Training Program*, is published by Human Kinetics. More information about *FallProof!* is available by calling Human Kinetics toll-free at 800-747-4457 (U.S.) or 800-465-7301 (Canada), or by going to www.HumanKinetics.com.

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