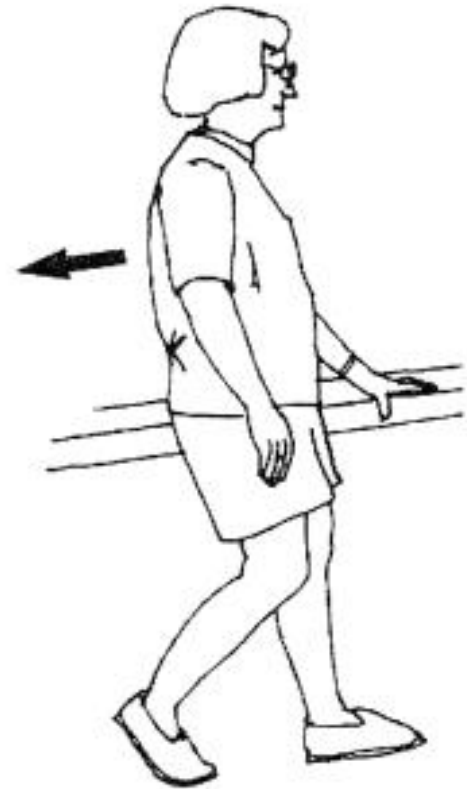


# Balance Program

## Backward Walk

- Stand next to a counter. Hold on to the counter with 1 hand for support.
- Take 6 to 10 steps backwards.
- Then walk forward to where you started.
- Repeat \_\_\_\_\_ times.



This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

*Prepared by:* Physiotherapy  
*Designed by:* Nova Scotia Health Library Services