

# 11. Step Up And Over Movements



## a. Forward Step Taps

[Video Link](#)

Begin in a standing upright position holding a stable object for support, with a tall step in front of you. Lift your right foot off the floor to tap on the step, then bring it back to the ground and repeat with your left leg. Continue, alternating feet. Keep your weight on your standing foot. Place as little pressure as possible through the foot you are tapping on the step. Repeat for 1-2 minutes.



## b. Forward Step Ups

[Video Link](#)

Begin standing in front of the step, holding onto a stable surface for support if necessary. Step forward onto the step with right foot, then step up with your left foot. Step back down to the ground with the right foot and then with your left foot. Perform this for 1-2 minutes. Repeat this exercise by stepping up and down while leading with the left foot. Use a 4" step if your legs are weak.

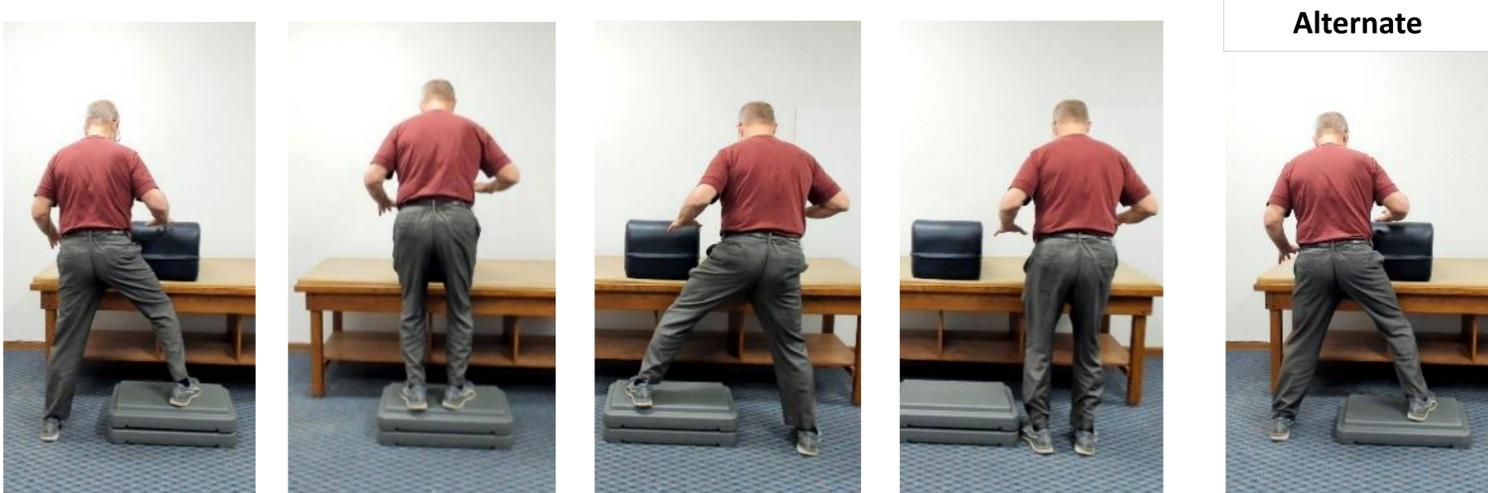


Alternate Height

## c. Step Up and Over Sideways

[Video Link](#)

Begin standing on the ground with a small step to your side and one hand resting on a surface in front of you if necessary. Step sideways onto the step, then follow with your other foot. Step down to the other side of the step one foot at a time. Reverse the motion back to the starting position. Perform this for 1-2 minutes. Use a 4" step if your legs are weak.



Alternate



### d. Step Down Heel Touch

[Video Link](#)

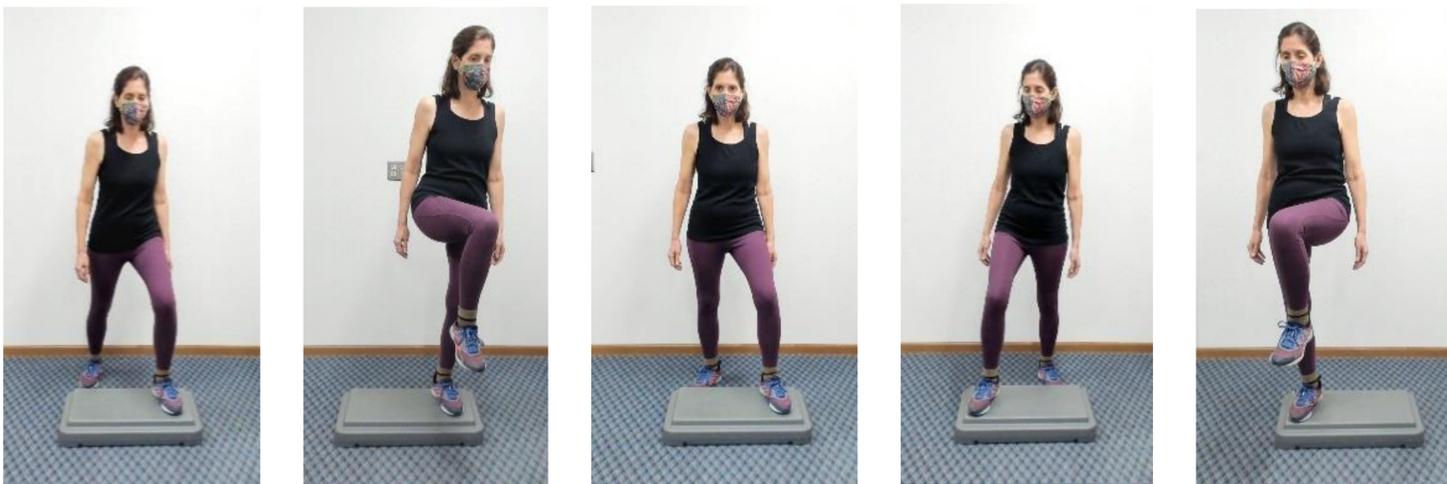
Begin standing at the edge of a step, holding onto a stable object for support. Lift one leg in front of your body and squat down, touching your toe to the ground, then return to the starting position and repeat. Make sure to keep your back straight and upright during the exercise and try to keep your hips level as you bend down. Maintain even breathing during this activity.



### e. Step Up with Diagonal Hip Flexion

[Video Link](#)

Begin standing with a step or platform in front of you. Step diagonally up onto the platform with one foot, then raise your other leg to a 90 degree angle. Hold briefly, then return to the starting position and repeat on the other side. Do not let your knee collapse inward as you step down. Perform this for 1-2 minutes. Use a 4" step if your legs are weak.



### f. Step Up with Diagonal Hip Extension

[Video Link](#)

Begin standing in front of a step, with a stable object in front if necessary for support. Step up to the step with one foot and extend the other leg diagonally backward. Bring it back to the starting position and repeat with your other leg. Make sure to maintain your balance and do not arch your low back as you extend your leg.

