

# Marin Physical Therapy



Hips and knees slightly bent. Feet always remain wide apart and never come together.  
Take small steps sideways, forward, and backward.

2-3 sets of 10 steps

165 N. Redwood Dr, Suite #120 • San Rafael, CA 94903 • phone (415) 499-0278 • fax (415) 499-0297  
[www.marinphysicaltherapy.com](http://www.marinphysicaltherapy.com)