

## **Randolph Shuffle**

The therapist gives the following directions for the patient to follow. Patient's eyes are open and each movement is said out loud.

1. *"Right arm: front - side - front – down"*
2. *"Left arm: front - side - front – down"*
3. *"Right foot: front - side - front – down"*
4. *"Left foot: front - side - front – down"*
5. *"Both arms: front - side - front – down"*
6. *"Right hand, right foot: front - side - front – down"*
7. *"Left hand, left foot: front - side - front – down"*
8. *"Right hand, left foot: front - side - front – down"*
9. *"Left hand, right foot: front - side - front – down"*
10. *"Both hands, right foot: front - side - front – down"*
11. *"Both hands, left foot: front - side - front – down"*
12. *"Right foot hopping, both hands, left foot: front - side - front – down"*
13. *"Left foot hopping, both hands, right foot: front - side - front – down"*