



"We feel stronger when we walk frequently. And we have a more positive outlook."

Many falls can be prevented. By making some changes, you can lower your chances of falling.

Four things YOU can do to prevent falls:

Exercise to improve your balance and strength

Have your health care provider review your medicines

Have your vision checked

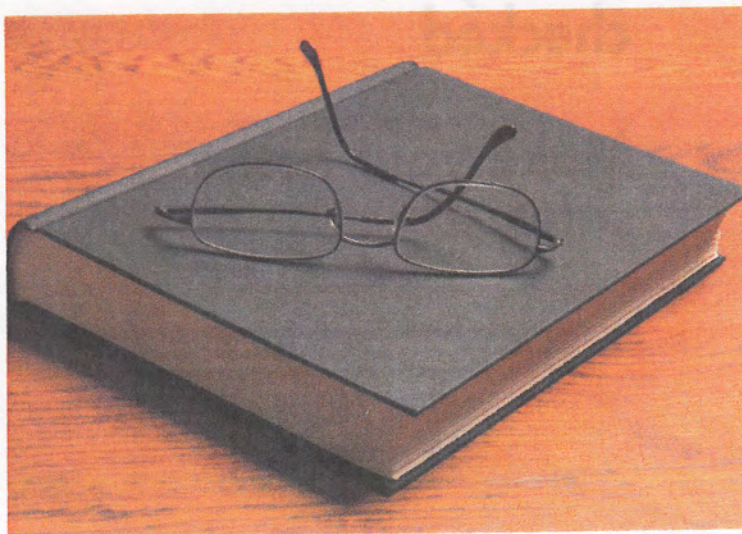
Make your home safer

Have your health care provider review your medicines

Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.

Have your vision checked

Have your eyes checked by an eye doctor at least once a year and update your eyeglasses. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.



Make your home safer

About half of all falls happen at home. To make your home safer:

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to and inside the tub and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights installed on all staircases.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

STEP 1



STEP 2



STEP 3



Seated Hip Flexion March

REPS: 10 | SETS: 2 | DAILY: 1x

Clinician Notes:

Place hands on hips or "give yourself a hug" to increase challenge

Setup

- Begin sitting upright in a chair with your feet flat on the floor.

Movement

- Keeping your knee bent, lift one leg, lower it back to the ground, then repeat with your other leg. Continue this movement, alternating between each leg.

Tip

- Make sure to keep your back straight and do not let it arch as you lift your legs.

STEP 1



STEP 2



STEP 3



Sit to Stand

REPS: 10 | SETS: 2 | DAILY: 1x

Setup

- Begin sitting upright with your feet flat on the ground underneath your knees.

Movement

- Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

Tip

- Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.

STEP 1



STEP 2



Standing Hip Abduction with Counter Support

REPS: 10 | SETS: 2 | DAILY: 1x

Setup

- Begin in a standing upright position with your hands resting on a counter.

Movement

- Lift your leg out to your side, then return to the starting position and repeat.

Tip

- Make sure to keep your moving leg straight and do not bend or rotate your trunk during the exercise. Use the counter to help you balance as needed.

STEP 1



STEP 2



Toe Raises with Counter Support

REPS: 10 | SETS: 2 | DAILY: 1x

Setup

- Begin in a standing upright position with your hands resting on a counter in front of you.

Movement

- Lift the balls of your feet off the ground. Hold briefly, then return to the starting position and repeat.

Tip

- Make sure to maintain an upright posture and use the counter to balance as needed.

Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.

STEP 1



STEP 2



STEP 3



Standing Single Leg Stance

REPS: 5 | SETS: 1 | HOLD: 30 sec | DAILY: 1x

Setup

- Begin in a standing upright position with your hands resting on a counter.

Movement

- Lift one foot off the ground. When you are balanced, let go of the counter.

Tip

- Make sure to maintain an upright posture and use the counter to help you balance as needed.

STEP 1



STEP 2



Lateral Weight Shift

REPS: 10 | SETS: 2 | DAILY: 1x

Setup

- Begin standing with your knees slightly bent.

Movement

- Slowly shift your weight back and forth from one side to the other.

Tip

- Make sure to keep your back straight and try to keep your weight in your heels.

STEP 1



STEP 2



Anterior Posterior Weight Shifts

REPS: 10 | SETS: 2 | DAILY: 1x

Setup

- Begin in a standing upright position in front of a chair with the backs of your legs touching the chair.

Movement

- Slowly shift your weight forward, hold briefly, then slowly shift your weight backward, hold briefly, and repeat.

Tip

- Make sure to maintain your balance and keep your movements slow and controlled. Try to keep your heels and toes on the ground during the exercise.

STEP 1



STEP 2



Standing Romberg to 3/4 Tandem Stance

REPS: 5 | SETS: 1 | HOLD: 30 sec | DAILY: 1x

Setup

- Begin in a standing upright position with your feet together.

Movement

- Move one foot so that it is staggered approximately 3/4 of its length back from your other foot. Stay in this position and maintain your balance.

Tip

- Try to keep your back straight and avoid moving your hips or trunk side to side during the exercise.

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