

Do you have a fall prevention plan?

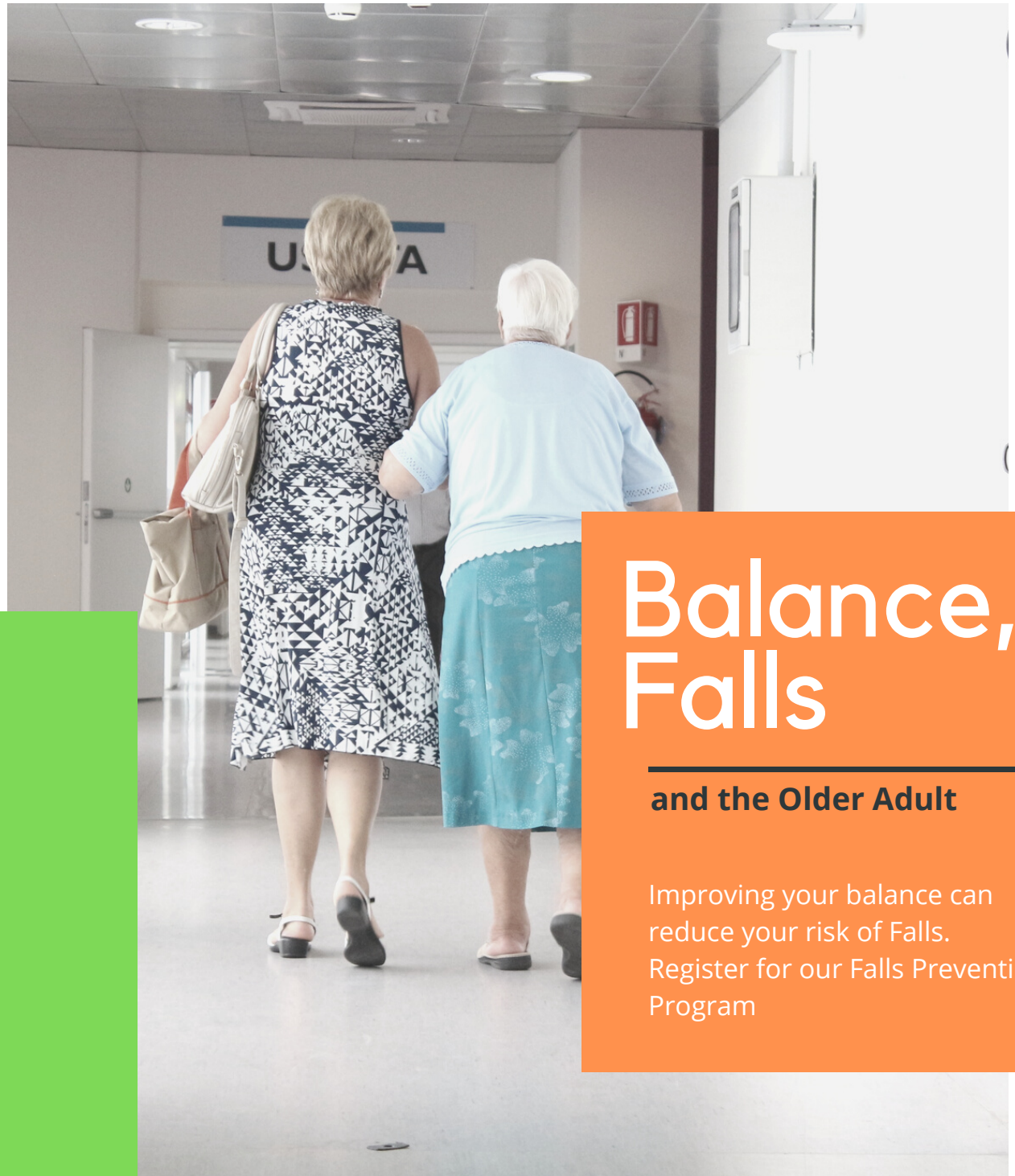
1. **Seek medical advice** for medications that cause dizziness or drowsiness
2. **Consult a Physiotherapist** for an exercise program to assist with general strengthening and balance training and can teach you how to fall safely.
3. **Make your home safer** by removing trip hazards, installing grab bars and making the house brighter
4. **Wear sensible shoes:** sturdy shoes with non- skid soles
5. **Use an assistive device** to help keep you steady, i.e. cane or walker

Body Dynamics Wellness Centre

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Exercises taken from Hep2go



Balance, Falls

and the Older Adult

Improving your balance can
reduce your risk of Falls.
Register for our Falls Prevention
Program

The older adult

This classification potentially includes anyone from 50 - 100+ years.

One of the common challenges faced by the older adult is poor balance which can lead to an increased risk of falls.

As we get older our level of activity and fitness changes.

Activity Classification

BADL – Basic Activities of Daily Living (elements of self care)

IADL – Instrumental Activities of Daily Living (tasks essential to maintaining independence)

AADL - Advanced Activities of Daily Living (can perform all activities independently)

Levels of Fitness

Level 1 – no major medical problems; relatively good condition for age; exercises regularly

Level 2 – no medical problems, has never participated in a structured exercise program

Level 3 – diagnosed with cardiopulmonary conditions or lifestyle disease

Level 4 – Relies on assistance from a nurse to perform ADLS; unable to walk >100f; uses an assisted device

Level 5 – Totally Dependent

Poor balance can be caused by:

- Hearing or Vision loss
- Vestibular conditions
- Decreased foot or ankle mobility
- Decreased strength in core and lower extremities
- Arthritis
- Sleep deficiency
- Osteoporosis
- Postural Hypotension
- Medication
- Diabetes Mellitus
- High Blood Pressure

Falls occur in 1 in 4 older adults yearly. Some major risks of falling are:

- Fractures
- Head Injuries
- Fear of falling again

Early intervention for balance disorders may prevent falls and loss of independence.

Balance Exercises

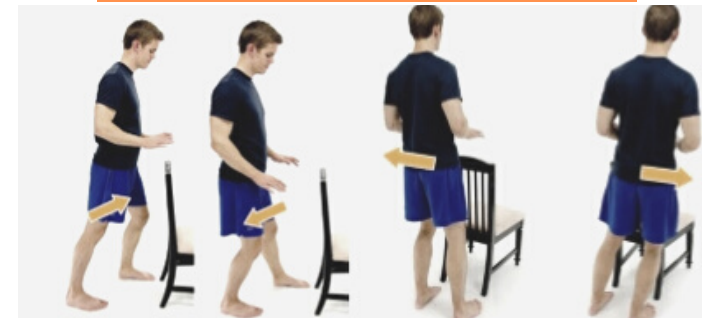
Here are some simple exercises that you can do in the comfort of your home to improve your balance.

- **Perform exercises with supervision**
- Perform each weight shifting exercise for 1 minute
- Perform standing exercise 5 times, holding each position for 10 seconds

Exercise Progression

1. Maintain holds for > 30 seconds
2. Close eyes while performing standing exercises
3. Standing on a pillow while performing exercises

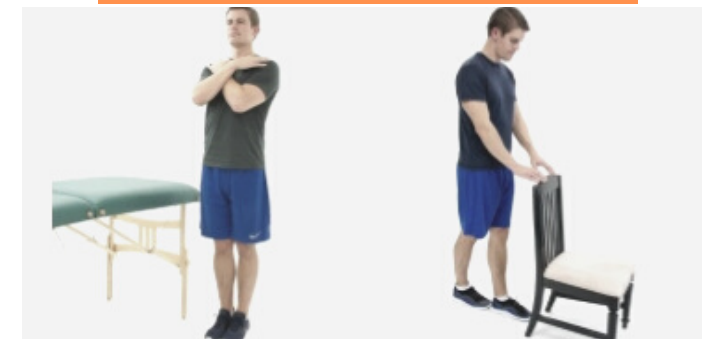
Weight Shifting



diagonal shifting

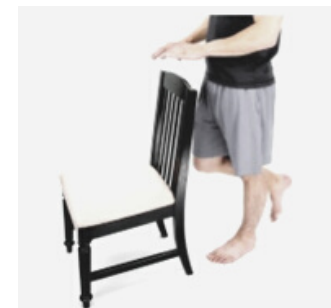
side to side shifting

Standing



Narrow stance

Tandem stance



Single leg stance