

FALLS

Falls Are Preventable

Exercises to improve your strength and balance

As we grow older we lose muscle strength and balance which can lead to a fall. The following exercises will help and can be done at home. Make sure you have a sturdy chair, bench top or wall nearby for support when you try them.

Commence exercises by placing your hand on something solid. Once you become confident and steady hold on with finger tips, then one finger then you can raise your hand slightly.

When confident, you can hold for longer and increase the number of repetitions. Use smooth movements when performing these exercises and take your time

1. To improve your balance

- Stand with one foot in front of the other ie. heel-to-toe, bend your knees slightly and while looking ahead hold the position for 10 seconds
- Vary exercise by walking slowly beside a bench, placing your heel to touch the toe of the other foot

Easier version - keep your feet a little further apart



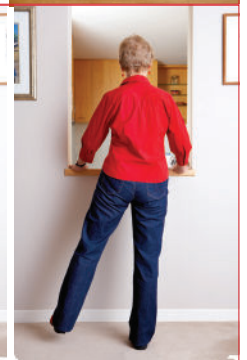
2. To improve climbing stairs and getting in and out of cars and buses

- Lift the knee closest to the bench to a maximum hip high and hold for 5 seconds
- Face the other way and repeat with other leg
- Repeat 8 times



3. Increase strength in your hips

- Stand on one leg and raise the other leg sideways, keeping your head up and your back straight.
- Hold for 5 seconds.
- Repeat 8 times.
- Do the same on the other leg
- When confident walk sideways, with slow steps beside a bench, one way then the other



4. To improve walking and climbing stairs

- Stand with feet shoulder width apart, lift both heels off the floor and hold for 3 seconds, then slowly lower your heels to the floor
- Repeat 5 times



5. To improve stability on steps and uneven surfaces

- Holding onto a rail, step with left foot onto bottom step then follow with the right foot
- Step down with the left foot then the right foot
- Repeat using the right foot first
- Repeat eight times



6. To improve strength to get up and down from a chair and in and out of a car

Commence with easy and proceed to next steps when confident.

- Sit towards the front of the chair
- Feet flat on floor shoulder width apart
- Lean forward with nose over toes
- Keep your head up
- Repeat 5 times

Easy

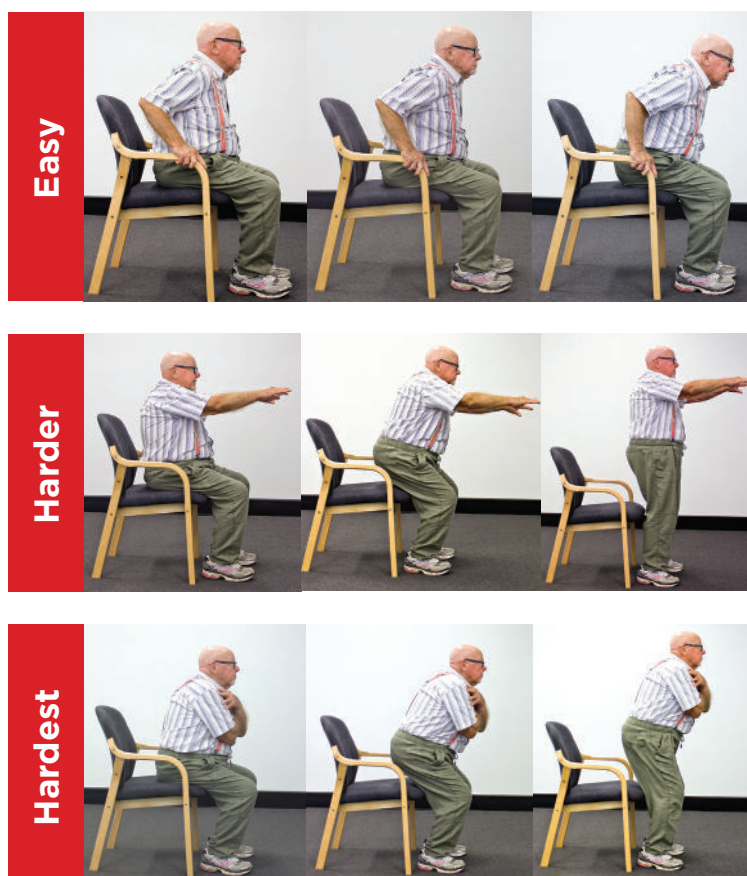
Use both hands on the chair to push yourself up
Lower yourself back to the chair slowly

Harder

Repeat as above but hold your arms out stretched in front at shoulder height

Hardest

Repeat as above but cross your arms over your chest.



Falls Are Preventable

For more information on how to avoid a fall go to
www.healthpromotion.com.au
or contact the Health Promotion Service on 4320 9700.

Reproduced by permission, NSW Ministry of Health © 2015