

Posture Stretch



Wall Circles



Marching



What is Occupational Therapy?

Occupational Therapy helps people across a lifespan do what they want and need to do through the use of meaningful activities. We do this by promoting health, preventing injury/ illness/ disability, and providing supports for older adults experiencing physical and cognitive changes.

Fall Prevention

As we age, the risk of falls increases. It is important to regularly exercise muscles that target improvement in posture and balance to help minimize this risk. Moderate levels of physical activity can produce health benefits and slow the progression of disease.

Leg Raises



Clock Reach



Chair squats



Exercises to Help with Posture, Strength, and Balance

Side Leg Raises



Leg Stretch



Ankle Rolls



Hip Hinge



Calf Raises



Medical Disclosure

- Information on this program is only intended as general summary information that is made available to the public. It is not intended to provide specific medical advice
- Information resources are designed to help users better understand occupational therapy, fall prevention, and related health services
- Individuals are urged to consult with qualified health care providers for diagnosis and treatment and for answers to personal health care questions
- *It is recommended to contact your doctor before beginning any new exercise program*

Older Adult Fall Prevention



DID YOU KNOW?

- 1 in 5 falls causes serious injury
- Falls account for 25% of all hospital admissions
- Medical costs for falls are \$31 billion annually

Source: CDC.GOV



- Talk to your doctor 
- Check eyes at least yearly 
- Check medications 
- Exercise strength & balance 
- Reduce clutter & tripping hazards 



FALL PREVENTION FOR SENIORS

SAFETY TIPS



EXERCISE
REGULARLY



GET YOUR VISION
AND HEARING
CHECKED



REVIEW
MEDICATIONS
WITH YOUR
DOCTOR



WEAR WELL
FITTING SHOES



IMPROVE
LIGHTING

SAFE HOME



INSTALL HANDRAILS
AND GRAB BARS



REMOVE CLUTTER
AND CORDS
FROM FLOOR



USE
NON-SLIP MATS



MAKE ITEMS
ACCESSIBLE



Program Summary

- **Posture stretch**
 - 1x8, 1x10
- **Wall Circles**
 - Right: 1x3 backwards, 1x3 forwards
 - Left: 1x3 backwards, 1x3 forwards
- **Marching**
 - Right & left: 1x15
- **Leg Raises**
 - Right: 1x10
 - Left: 1x10
- **Clock Reach**
 - Right : 1 backwards and 1 forwards
 - Left : 1 backwards and 1 forwards
- **Chair Squats**
 - 3 x 5
- **Side Leg Raises**
 - 3 x 5 (Each Leg)
- **Seated Leg Extensions**
 - (Alternating Legs)
 - 2 (5 second hold) x 3
- **Ankle Rolls**
 - Right: 4 clockwise, 4 counterclockwise
 - Left: 4 clockwise, 4 counterclockwise
- **Hip Hinge**
 - 1x10
- **Calf Raises**
 - 1x10

Program Summary

These exercises have been selected to improve the strength of major muscle groups such as our core, leg muscles and postural muscles, which keep us strong and help us react to forces that may lead to a fall (Siegrist et al., 2016).

Components of these exercises, such as weight shifting and developing the mind-muscle connection, helps us stay fluid in our movements. These skills give us a stable foundation to which movement can be built upon (Sousa et al., 2017).

Evidence shows that exercise programs that target fall prevention by encompassing strength, mobility and balance can reduce the risk of falls by 21% (Sherrington et al., 2017)

Finding a routine that has a variety of movements, such as the exercises listed in this program, and doing them 2-3 times a week can give you tremendous benefit!

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Resources

- [National Institute on Aging - Fall Prevention](#)
- [American Occupational Therapy Association - Article on Fall Prevention](#)



References

Sherrington, C., Michaleff, Z., Fairhall, N., Tiedemann, A., Whitney, J., & Cumming, R. et al. (2017). Exercise to prevent falls in older adults: An updated systematic review and meta-analysis. *Innovation In Aging*, 1(suppl_1), 268-268.
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Siegrist, M., Freiburger, E., Geilhof, B., Salb, J., Hentschke, C., Landendoerfer, P., ... Blank, W. A. (2016). Fall Prevention in a Primary Care Setting. *Deutsches Aerzteblatt Online*.
<https://doi.org/10.3238/arztebl.2016.0365>

Sousa, N., Mendes, R., Silva, A., & Oliveira, J. (2017). Combined exercise is more effective than aerobic exercise in the improvement of fall risk factors: a randomized controlled trial in community-dwelling older men. *Clinical rehabilitation*, 31(4), 478–486.
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