

Balance and Fall Prevention

Falls are a leading cause of injury and death in adults over the age of 65. One in four persons over the age of 65 will fall in their home. Falls often result in fractures of the hip and hand.

Older adults are especially at risk because of balance impairments. However, several other factors may increase the risk of falling including poor strength, medications and dizziness. Environmental factors, such as slippery surfaces or obstacles in the home, can also be a problem.

EXERCISES TO IMPROVE BALANCE

Perform exercises on a firm surface. For standing exercises, use a chair or other support to help maintain balance. To increase difficulty, you can progress to a stability trainer device.



HIP RAISE

Balance on one leg.
Lift your hip upward.
Repeat on the other leg.



ONE-LEG BALANCE

Balance on a leg.
Repeat on the other leg.
Begin on a firm surface.



HIP EXTENSION

Balance on one leg.
Extend your hip behind your body.
Repeat on the other leg.



CALF RAISE

Balance on one leg.
Go up onto your toes.
Repeat on the other leg.



KNEE BEND

Balance on one leg.
Bend your knee. Repeat
on the other leg.

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