



## Notes

*The purpose of this patient education handout is to further explain or remind you about a medical condition. This handout is a general guide only. If you have specific questions, be sure to discuss them with your health care provider.*

## Patient Handout: 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.

### STANDING EXERCISES

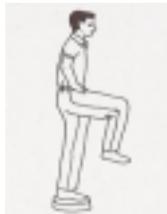


#### One-Leg Balance

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

#### Calf Raise

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



#### Hip Raise

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

#### Hip Extension

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



#### Knee Bend

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



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### EXERCISE BALL MOVEMENTS

#### Beginner: Hands and Knees



Begin on the hands and knees, keeping the back straight. Progress to lift opposite arm and leg. Alternate sides.

#### Intermediate: Hands and Feet on the Ball



Begin on the hands and knees, keeping the back straight. Progress to lift opposite arm and leg. Alternate sides.

#### Advanced: Sit to Stand



Begin sitting on the ball with feet on the floor. Stand up. Use support if needed. Carefully return to sitting on the ball.



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### RESISTIVE EXERCISES

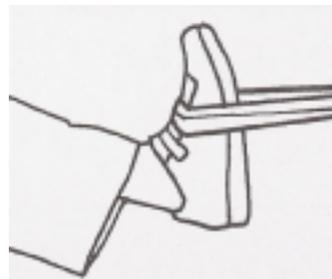
*\*Use a resistive band to perform these balance and stability exercises.*

## Chair Squats



Hold the band or tubing at the waist. Keep elbows straight. Slowly lower the body down to the chair by bending knees and hips. Keep the back straight. Return to standing.

## Ankle Flexion



Pull toes back toward head against band or tubing. Slowly return and repeat.



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