



Fall Prevention Center of Excellence

Stay Balanced Pamphlet

Provided to you by:



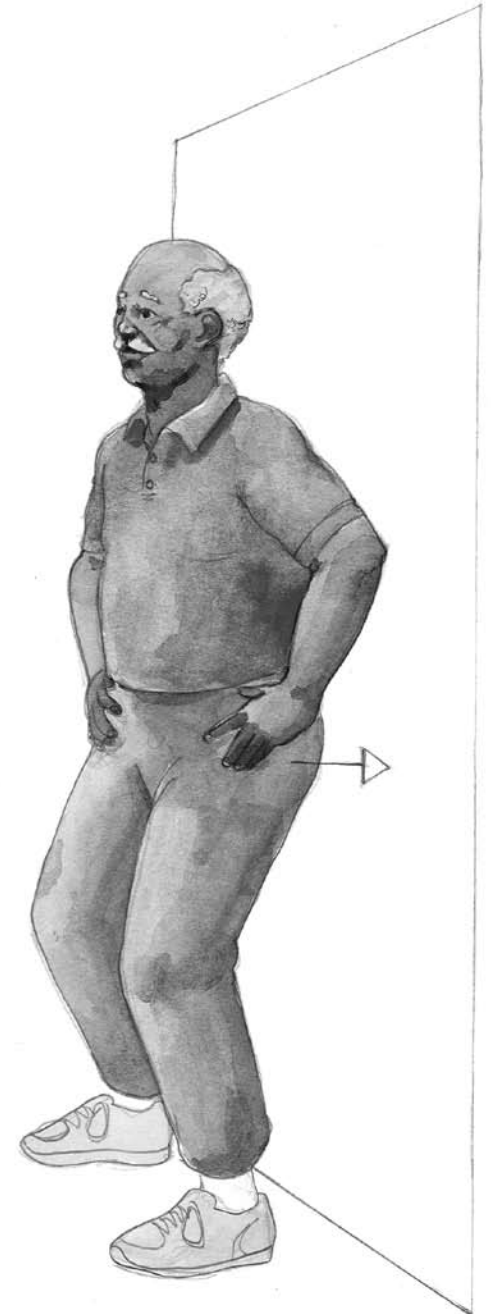
What do I need to know BEFORE PERFORMING these activities?*

- 1 Consult with my doctor to make sure that these activities are safe and appropriate for me before my first session.
- 2 Always warm-up the body before doing any activity. Lifting my knees up while seated, walking in place, and gently swinging arms for about 5 to 10 minutes will get muscles ready.
- 3 Read each description fully before starting the activity.
- 4 Try and perform activities through as full a range of motion as possible but avoid overextending limbs or locking the joints.
- 5 Perform each activity in a slow and controlled manner while maintaining correct form.
- 6 Be sure to breathe out during the effort phase of any strength activity (when the muscle is contracting) and breathe in as the muscle relaxes.
- 7 Stop performing any activity that causes any pain or discomfort.
- 8 Allow one day of rest between each day of activity.
- 9 Overtime, adding head turns right/left and up/down to these exercises will improve your balance.

*Please see assumption of risk on last page.

wall touches

- 1** Position body 6-8 inches away from wall. **Stand tall** with back to the wall and **feet hip-width apart**. Focus eyes on vertical target at eye level.
- 2** Shift weight backward through **right hip** until hip touches wall. Return to starting position.
- 3** Shift weight backward through **both hips** until buttocks touch wall behind. Return to starting position.
- 4** Shift weight backward through **left hip** until hip touches wall.
- 5** Upper body remains tall with **shoulders relaxed and level** throughout the activity. Adjust distance from wall until able to touch hip(s) to wall on each weight shift.
- 6** Repeat weight shift sequence 3-5 times. Increase standing distance from wall as balance improves.



wall slides

- 1 Stand tall** with back against the wall.
 - 2** Position feet about 12 to 24 inches out from wall and **hip-width** apart.
 - 3 Breathe out** as you slowly slide down wall almost to sitting position. **Knees** are just behind or directly above ankles.
 - 4 Hold position** for 3 to 5 seconds while **breathing evenly**.
 - 5 Slowly** return to start position.
- * **CAUTION:** Do not slide down as far if you feel any pain during the activity.



standing ball rolls

1 Place small ball (approx. 6 inches in diameter) under ball of right foot while holding onto chair.

2 **Stand tall** and focus eyes on target at eye level.

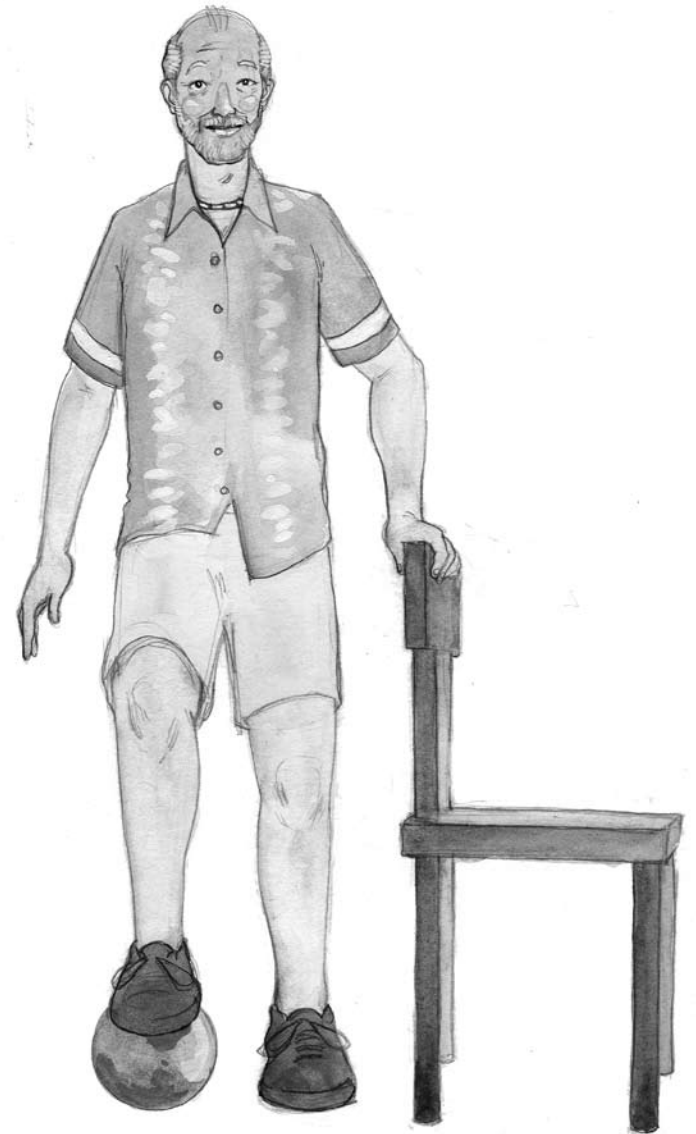
COMPLETE FOLLOWING MOVEMENT SEQUENCE:

- * Roll ball forward and away from body until ball is under heel. Roll ball back toward body until ball is under forefoot again.
- * Roll ball to side and away from body. Roll back toward starting position.
- * Roll ball in a circle to the right and then to the left.

3 Repeat movement sequence with opposite foot.

4 Increase number of times sequence is performed as balance improves. Begin with 1-2 repetitions and increase to 5 on each foot.

5 Remove hand from chair as balance improves.



shift around the clock

- 1** **Stand tall** with feet **hip-width apart**. Hold onto sturdy chair for support if needed and **focus eyes on target** at eye level.
- 2** Lean forward to following points on imaginary clock face on floor: 12 o' clock, 6 o' clock, 3 o' clock, 9 o' clock.
- 3** Return to start position after each lean. Stand tall with eyes focused on a vertical target.
- 4** Repeat movement sequence in # 2 but move through the start position to each number (e.g., 12 to 6; 6 to 3).
- 5** Lean to each of the following clock face positions: 1 o' clock, 7 o' clock, 11 o' clock, 5 o' clock.
- 6** Return to start position after each lean. Stand tall with eyes focused on a vertical target.
- 7** Repeat movement sequence in #5 but move through the start position (e.g., 1 to 7).
- 8** Combine both movement sequences. Return to start position on first few attempts and then lean through start position.
- 9** Repeat all sequences with eyes closed as balance improves.



standing heel raises

- 1 Stand tall** with **feet flat** on the floor and **hip-width** apart.
- 2** Hold onto the back of a sturdy chair or counter top for support. **Breathe in.**
- 3 Breathe out** and **slowly** lift both heels off the floor.
- 4** Hold the position for 3 to 5 seconds, and **breathe evenly.**
- 5 Slowly** lower heels to the floor.



seated hip abduction

- 1 Sit tall** in center of chair with **feet flat** on the floor and hip-width apart.
- 2** Wrap the resistance band once or twice around the thighs of both legs and **hold ends firmly** against thighs. **Breathe in.**
- 3 Breathe out** and **push** the outside of the thighs against the band.
- 4 Breathe in** and **slowly** move the thighs back to their starting position.



hamstring stretches

- 1 Sit or stand tall** (near or on a chair) with the stomach and chin tucked in, and **eyes directed forward**.
- 2 Straighten the right leg** out in front and rest the heel on the floor with **toes pointing up to the ceiling**.
- 3** Bend the left knee and place **hands on hips** (if seated) or on the thigh of the bent leg (if standing). **Breathe in.**
- 4 Breathe out** and slowly lean forward from the hips while **keeping the back straight**.
- 5 Hold the position** for 15 to 30 seconds while **breathing evenly**.
- 6 Slowly return** to starting position and repeat exercise with opposite leg.



ankle circles

- 1 Sit tall** with the lower back pressed firmly against the back of a chair. **Direct eyes forward. Breathe in.**
- 2** Lift one leg off the floor and begin circling the ankle in one direction. **Gradually increase the size of the circle** on each new turn.
- 3** Change direction after **5 full circles** have been completed and perform same number of ankle circles in opposite direction.
- 4 Breathe evenly** as the ankle is being circled in both directions.
- 5 Return the foot to the floor** and repeat the exercise with the opposite leg lifted off the floor.

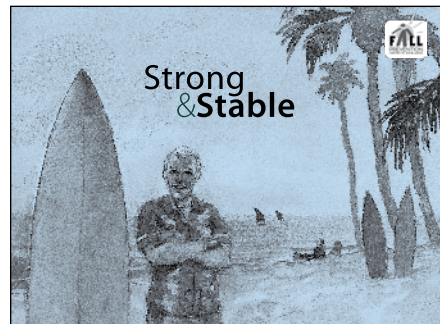
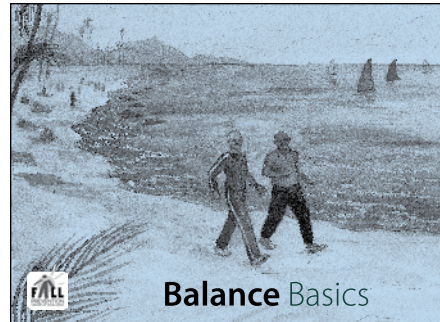


Stay Balanced Pamphlet

This illustrated pamphlet includes eight exercises, in large print, that demonstrate how individuals can remain strong, flexible, and balanced in order to prevent falls.

The Stay Balanced Pamphlet is one in a series of instructional materials released by The Fall Prevention Center of Excellence. The Center also offers Balance Basics, Stretch & Flex, and Strong & Stable which feature simple exercises that older adults can carry out at home.

All booklet exercises have been selected and described by Debra J. Rose, Ph.D., Co-Director, Fall Prevention Center of Excellence. The guidebook is edited and directed by Maria Henke, M.A., Program Manager, Fall Prevention Center of Excellence.



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assumption of risk

The distribution of this Stay Balanced Pamphlet by the Fall Prevention Center of Excellence is done as a service to older adults to promote activities that may lower the risk for falls.

Individuals who have moderate to severe physical restrictions and/or poor balance should NOT perform any of the standing or moving exercises described in this pamphlet without close supervision from a qualified professional.

Before engaging in any physical activity program, you should consult your primary care physician. **If any of the following apply, you should not perform these activities without permission from your doctor:**

- 1) Your Doctor has advised you not to perform physical activity because of your medical condition(s),
- 2) You are experiencing dizziness or experiencing tightness, pressure, pain, or heaviness in your chest when you perform physical activity;
- 3) You have been told you have congestive heart failure or have uncontrolled blood pressure (160/100 or above).

If you choose to perform any of the activities in this pamphlet, you are assuming the inherent risks, and may not hold the Fall Prevention Center of Excellence or any person who sponsors, promotes, or distributes this pamphlet liable for injury or harm.