

# Check Your Risk for Falling

Circle "Yes" or "No" for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of fall
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
<b>Total</b> Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.			

# General Notes about Exercises

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These exercises are for general information – they are not being prescribed to you specifically.

**Do not exercise into pain and hold onto counter / surface for support when needed.**

Do only those exercises which you are comfortable / can balance with.

Do not perform all exercises every day. You can pick the ones that are appropriate for you and do some on one day and others on another day.



# Lying Down Exercises:

## 4 Way Pelvic tilt

Begin lying on your back with you feet flat and your knees up (as shown). Tuck your tail between your legs as you push your back into the bed / surface. Hold for 0-1 second. Then move your hips in opposite direction, pushing your spine away from the bed. Hold for 0-1 second. Do motion for 1-3 minutes per set.



After doing the above starting in same position, push your right hip / buttock into the bed / surface. Hold for 0-1 second. Then move your hips so that you are pushing the left hip / buttock into the bed / surface. Hold for 0-1 seconds. Do 1-3 minutes per set.

Do 1-2 sets per session of each movement. Do daily.

## Bridge -

While lying on your back with knees bent and knees / feet together, tighten your lower abdominal muscles, squeeze your buttocks and then push through your feet to lift your hips off of floor. Hold in lifted position 1-3 seconds. When exercise gets easy do with one leg on mat at a time. Do 12-20 per set. Do 2-3 sets per session. Do daily.



Video # VVYRLEJKS

# Lying Down Exercises Continued

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## Heel Slide with Gluteal Set

Lying on your back with your affected leg down on the mat with your toes pointing toward the ceiling. Slide your foot of your unaffected side back towards your buttocks as far as is comfortable (as shown). Return to where the leg is straight next to other leg. Repeat slide 5 times. On the 5th time squeeze your buttocks together as if you were trying to prevent going to the bathroom. Hold for 5-10 seconds then relax your leg back down straight again. Do 6-12 cycles per set. You can perform with your affected leg if you wish. Do 2-5 sessions per day.



## Psoas Stretch with Strap

Lying on your back using your hands (or strap) pull your left side up to 90 degrees or just past normal sitting (do not pull all the way to your chest) and your foot pointing straight up towards the ceiling. Maintaining this position squeeze your buttocks as if you were trying to prevent going to the restroom. Hold for 5-10 seconds. Do 6-12 cycles per session per leg. Do 2-5 sessions per day.



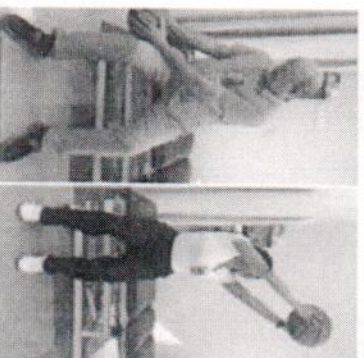
# Seated Exercises:

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## PNF Lifts to Right

Start in seated position ideally elevated slightly from normal sitting with feet flat on the ground. Using a ball or other weighted object (2-10 pounds) starting at ball the entire time. Lift ball up and across your body. As you shift your weight to the right, push down into the floor with the left foot (about the time that the ball is coming over your right leg). Your left hip may lift off of the seat 1-2 inches. Do 10-30 times per set. Do 1-3 sets per session. Do 1-2 sessions per day.



## Seated PNF Lifts to Left

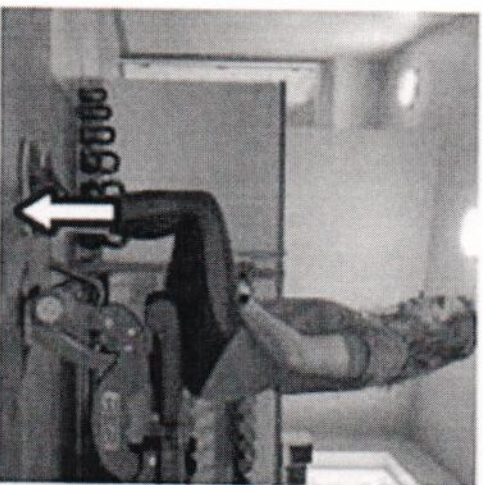
Start in seated position ideally elevated slightly from normal sitting with feet flat on the ground. Using a ball or other weighted object (2-10 pounds) starting at ball the entire time. Lift ball up and across your body. As you shift your weight to the left, push down into the floor with the right foot (about the time that the ball is coming over your left leg). Your right hip may lift off of the seat 1-2 inches. Do 10-30 times per set. Do 1-3 sets per session. Do 1-2 sessions per day.

# Seated Exercises Continued

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## Isometric hip extension

Sitting at the front edge of a sturdy chair, place your feet flat on the floor. Press your right heel into the floor. Hold for 1-3 seconds. Release and press your left heel into the floor. You won't move but you'll feel the muscles in your butt and maybe the back of your thigh engage. Do for 1-3 minutes per set. Do 1-3 sessions per day.



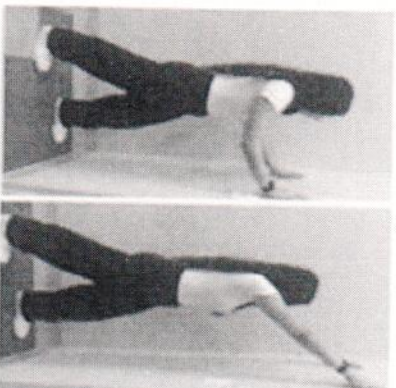
# Standing Up Exercises

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**Corner balance**

Begin with standing facing out from a corner. Touching the corner for balance only if you need it. Position your feet touching each other both at the toes and the heels. Bring your arms out as shown and turn your head from side to side to look at alternating hands. Do for 1-3 minutes per set. Do 1-2 sets per session. Do daily.



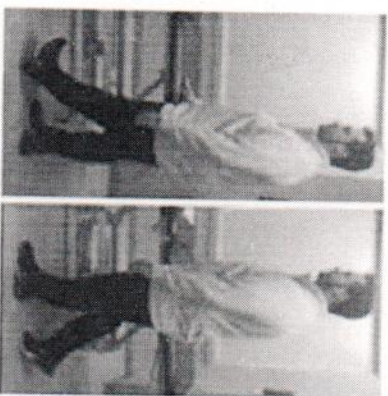
**Double Leg Runner's Stretch**

Start with affected leg behind with arms at shoulder level. Keep back foot facing forward and then lean towards wall while sliding your arms up the wall with one or both arms until you feel a stretch (not maximal stretch). Perform gluteal squeeze. Hold for 5-10 seconds. If you reach with one arm (instead of two like picture) then reach with arm corresponding with forward leg. Do 6-10 times per set per side. Do 1-2 sets per session. Do daily.

# Standing Up Exercises Continued

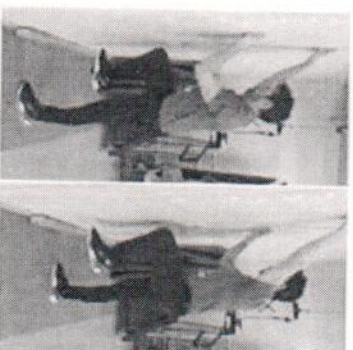
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## Standing Weight Shift



Stand in stride stance – normal step width apart holding onto something (such as a counter) for stability if needed. Keeping upright posture, move your weight back and forth from forward to/from back foot. When you shift forward allow your back heel to come off of floor. When you shift backward push down through back heel and lift front of foot off of ground. Do for 1-5 minutes per set per side. Do 1-2 sets per session. Do 1-3 sessions per day.

## Wall Climbers



Start with hands at shoulder level. Reach left hip / shoulder up as far as comfortable while keeping right hand / foot in place (keeping right leg locked straight. Bring back down and then reach up with right hip / shoulder with left hand staying in place with leg locked straight. Do for 1-3 minutes per set. Do 1-2 sets per session. Do 1-2 sessions per day.