

FALL PREVENTION EXERCISES

Consult with a physician before beginning any exercises.

STRAIGHT LEG RAISE Total leg workout that will help with walking, transferring and especially with getting in and out of bed. Works muscles in the stomach and back.

1. Lie on bed, straighten right leg and place left foot flat.
2. Raise right leg with knee locked.
3. Lower right leg slowly and do not allow to go all the way down to bed.
4. Repeat 10 times with each leg.



HIP ABDUCTION Strengthens hip stability which will help improve balance.

1. Slide right leg out to the side.
2. Keep kneecap pointing toward ceiling.
3. Slowly bring leg back to middle
4. Make sure leg barely lifts off bed.
5. Repeat 10 times with each leg.



HEEL SLIDE Increase leg strength to help with walking, transfers and stairs.

1. Bend right knee and pull heel towards buttocks.
2. Slowly straighten knee.
3. Go slow.
4. Repeat 10 times with each leg.



BRIDGING Increases flexibility in waist area to assist with balance. Increases body awareness. Strengthens back, buttocks, and legs.

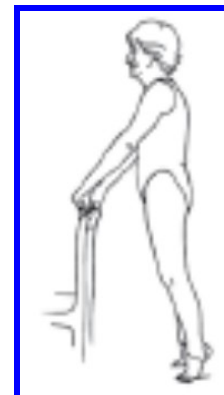
1. Bend knees and place feet shoulder width apart.
2. Left hips up towards the ceiling.
3. Hold for 3 seconds.
4. Return buttocks slowly to the ground. Do not let it drop.
5. Repeat 10 times.



TOE RAISES

Most older adults are fearful of falling forward so they push backwards. This exercise helps them feel more comfortable leaning backward. Strengthen back of legs which will assist with balance. The goal is to complete the exercise safely without any support on the chair.

1. Rest hands on a chair, use legs for balance not arms.
2. Go up and down on toes.
3. Go slowly.
4. Do not lean forward.
5. Repeat 10 times.



ELBOW FLEXION

Assists with all daily activities.

1. Turn palm up so facing ceiling.
2. Keeping upper arms on bed slowly bend BOTH elbows.
3. Slowly straighten arm.
4. Repeat 10 times.



SHOULDER FLEXION

Increases arm strength with dressing, cleaning, cooking and reaching for objects overhead.

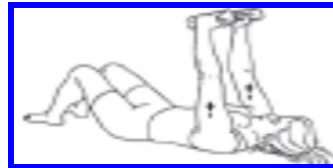
1. Point thumb towards ceiling
2. Slowly lift right arm over your head keeping elbow straight.
3. Bring it back down to your side.
4. Lift arm up over your head and back down.
5. Go slow in both directions.
6. Repeat 10 times each arm.



SHOULDER PRESSES

Total arm workout that will help with all daily activities.

1. Hold arms up towards the ceiling with elbows straight.
2. Bring hands down and touch your chest, keeping elbows pointed away from body.
3. Now slowly straighten arms.
4. BREATHE. Go slowly.
5. Repeat 10 times.



MARCHING IN PLACE

Teaches weight shifting and standing on one foot which will help with walking.

1. Rest hands on chair.
2. Lift right knee up towards your chest and hold.
3. Slowly lower right leg. Do not let it drop to the floor.
4. Control movement in both directions.
5. Keep back as straight as possible.
6. Repeat 10 times with each leg.



STANDING HIP ABDUCTION

Strengthens hip stability that assist with walking.

1. Rest hands on chair.
2. Kick leg out to the side, keeping knee straight and toes pointed forward. Make sure the kick movements are side to side and not the front or back.
3. It should be a small movement.
4. Do not let leg drop back to starting position, control it's decent.
5. Repeat 10 times with each leg.



STANDING LEG EXTENSION

This strengthens the muscles in the back of the leg and increases confidence with stepping backwards.

1. Rest hands on chair.
2. Slowly kick right leg back, keeping knee straight.
3. It should be a small movement. If you start to lean forward you are kicking to far.
4. Do not let leg drop back to starting position, control it's decent.
5. Repeat 10 times with each leg.



Other Safety Tips

- **Keep emergency numbers in large print near each phone.**
- **Put a phone near the floor in case you fall and can't get up.**
- **Think about wearing an alarm device that will bring help in case you fall and can't get up.**