

Balance exercises for individuals with high fall risk

You can reduce your risk for falling by participating in a regular exercise program 3-4 days per week. Regular exercise increases your strength, flexibility and overall endurance. Participating in an exercise program also improves your balance, which can reduce your risk for falls. Low impact exercise classes such as Tai Chi, have been shown to be an effective part of an exercise regimen for older adults, increasing flexibility, posture, and strength.*

The following exercises are designed to be performed at home. Please consult with your physician prior to starting any exercise program. These exercises do not guarantee you will not fall; they are designed to enhance your balance and postural systems. They, along with making any necessary changes to your home per the “Fall Prevention Checklist”, will help reduce your risk of falling.

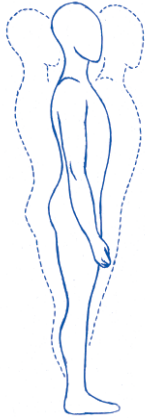
Wide Base of Support: Eyes Closed



1. Stand with your back into a corner
2. Place a chair in front of you
3. Place your arms across your chest
4. Close your eyes for 30 seconds
5. Repeat 3 times each session
6. Perform 2 sessions per day

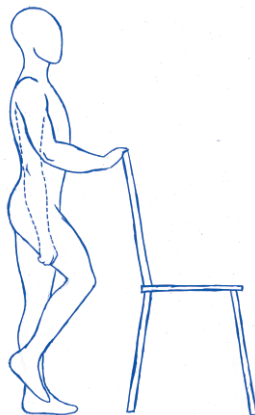
* Journal of the American Geriatrics Society. 1996 May 44(5): 489-97.

Heel Toe Raises



1. Stand with your back into a corner
2. Place chair in front of you
3. Slowly rock forward up onto your toes, trying not to use arms for support
4. Return back to center
5. Slowly rock backward onto your heels, trying not to use arms for support or fall into corner
6. Return back to center
7. Repeat each direction 20 times
8. Perform 2 sessions per day

Single Leg Stance



1. Stand with your back into a corner
2. Place a chair in front of you
3. While holding onto chair, pick one leg up
4. Try to remove hands if you can and maintain balance on one leg, touching your hands as necessary
5. Hold for 30 seconds
6. Repeat on opposite leg
7. Repeat 3 times with each leg per session
8. Perform 2 sessions per day