

Top Tips to Reduce your Risk of Falling:

- **Keep active and exercise.** Practice the exercises on this sheet.
- **Use your mobility aid** (Walking stick/Zimmer frame) this will help to keep you steady and can reduce your risk of falling.
- **Wear sturdy shoes** that have a back and support you. Good soles will prevent your risk of slipping.
- Ask your GP or Doctor to **review your medicines**. Some medicines or combinations of medicines may make you feel light headed which could lead to a fall.
- Have your **vision checked**. Your vision changes as you get older, poor vision can increase your chances of falling.
- Make sure your **home is clutter free** and remove rugs, wires, etc. that could be a tripping hazard.
- As you get older you need brighter lights to see well. Ensure you have **good lighting in all rooms** with the light switches at the entry point of the room. Use bedside lamps at night time if you get up during the night.
- Eat **three well balanced meals** a day to keep your energy and strength up and help you to exercise daily. Remember to drink water to stay hydrated.
- Consider getting a **falls alarm** and keep it on your person at all times. If you have a fall and can't get up you can use the alarm to get help.

ST. JAMES'S HOSPITAL
DUBLIN . IRELAND



Physiotherapy Falls Prevention Exercises and Information Booklet

Regular physical activity makes you stronger and improves your balance and coordination. This can help to minimise your risk of falling.

People over 65 should try to be active every day, even if you have chronic illness such as heart disease or arthritis; there is a certain level of activity to suit you.

Aim to get up to 30 minutes of exercise 5 days per week. Begin slowly and start with exercises you feel comfortable doing. Start with 10 minute blocks of exercise if needed.

Try doing the exercises in this booklet two or three times a week to help improve your balance and strength.

1 Heel Raises



Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes.

Hold for ____ seconds, then lower with control. Repeat ____ times.

2 Toe Raises



Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out.

Hold for ____ seconds, then lower with control. Repeat ____ times.

3 Sit to Stand



Sit tall near the front of a chair with your feet slightly back. Lean forwards and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair.

Repeat ____ times.

4 Tandem Stand



Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for ____ seconds. Take the front foot back to hip width apart. Then place the other foot in front and balance for ____ seconds. Repeat ____ times.

5 Heel-Toe Walking



Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk ____ steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the other direction.

6 One-Leg Stand



Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright.

Hold the position for ____ seconds. Repeat on the other leg.

Repeat ____ times.