

AQUATIC CENTRE PHYSIOTHERAPY

*"We are health experts
who care for your health
and safety"*

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FALL PREVENTION AND BETTER BALANCE

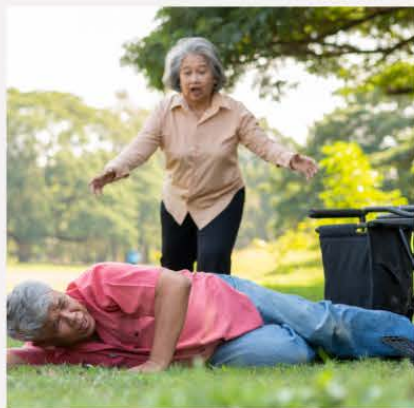


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Prevent a Fall!



Causes:

- Poor Lighting
- Moving too fast
- Bad footwear
- Weakness and low fitness
- Lack of supports
- Tripping Hazards
- Pets and Leashes
- Medication
- Dizziness

WHAT CAN YOU DO TO PREVENT THE RISK

Around the home

- Improve lighting in stair ways and bathroom
- Install grab rails in the bathroom
- Remove throw carpets
- Keep the floors clear of obstacles
- Use non slip mats in the shower
- Install hand rails on both sides of the stair case

For yourself

- Stay hydrated
- Get daily exercise
- Use a walking
- Use good footwear in and out of the home
- Practice balance exercise every day
- Get regular eye check ups
- Maintain healthy blood pressure

Exercises

Single Leg Balance



Hold 10-30 seconds

Squat



Repeat 3-10 times per day

Hip Mobility



Hold 30 seconds

Lunges



10X each leg to maintain hip and leg strength

Physiotherapists can design an exercise program specifically for you