

Falls prevention for over 65s

The increasing levels of physical inactivity and chronic disease cause reduced levels of physical activity resulting in loss of functional independence, making seniors disability worse!



Physiotherapy Advice:

- Perform activities which promote balance and coordination to reduce risk of falling
- Strengthening exercises tailored to a persons functional ability
- Ensure proper eyewear and footwear is used to minimise risk
- Ensure house/environment is free of clutter as this is a major risk of falls!

Exercises:



Sit-to-stand
Perform 10 times, twice daily



Knee Extension
Perform 10 times, twice daily



Heel Raise
Perform 10 times, twice daily



Marching (holding on or no hands)
Perform for 1 minute, five times daily



Contact ALHACARE for a personalised assessment and treatment.

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