

## 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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**0432 736 797**



**info@alhacare.com.au**