

# 3 PHASE FALLS PREVENTION PROGRAM

**This is a shortened program based on our comprehensive 3 Phase Falls Prevention Exercise Program which is an evidence based, practical, strength & balance retraining program designed specifically to prevent falls. All possible in the comfort and convenience of your home. To access our full program and gain maximum benefit of all exercises and personal guidance contact us for an appointment.**

Up to 35% of people aged 65 years and older have at least one fall each year. These falls are a leading cause of injury. They can have serious consequences on you or your family, personal trauma, pain, impaired function, loss of confidence in carrying out everyday activities and loss of independence.

Having a review of your **medications** with your health professional is important as sometimes side effects can increase your risk of falling.

Getting your **vision and hearing** checked annually is important as they are an essential element in keeping you on your feet.

Keeping your **home safe** such as removing trip hazards, ensure adequate lighting and installing grab bars in key areas are vital.

***By improving your balance and strength, you reduced your risk of falling and causing an injury.***

Never exercise holding on to an object which may move. Always use the side of something stable like your walker, a bench or solid table unless otherwise instructed.

If while exercising if you experience dizziness, chest pain or shortness of breath stop exercising and contact your doctor.

You will need to look at performing these exercises at least three times a week and go walking twice a week.

***Staying physical active is the single most important thing we can do to stay fit and independent.***



***Has your loved one's strength & balance declined recently ? Have they lost their confidence ? Do they want to stay independent ? Have they fallen or feel scared of falling ? Are they recovering from an injury or operation ? We can help !***

Please do not hesitate to book an appointment for a thorough balance and strength assessment. We will be able to provide for you further guidance, exercise supervision, customized progression of your program and any 'hands on' therapy or treatment that may be necessary for you.

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## STRENGTH

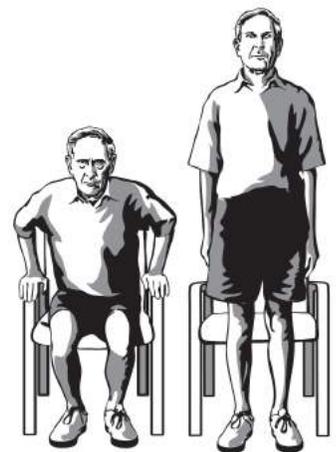
- \* up to 10 repetitions
- \* up to 3 sets
- \* 3 times a week



Calf Raises



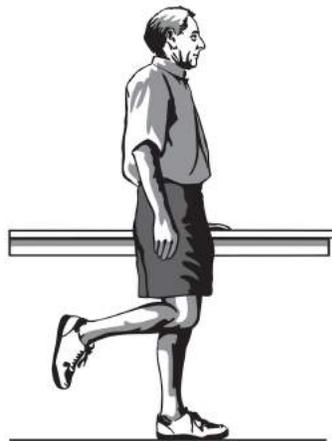
Squats



Sit to Stand

## BALANCE

- \* 10 seconds holds
- \* Sideways along length of bench
- \* 3 times a week



Single Leg Balance



Sideways Walking

## WALKING

- \* 10 min sessions 6 times a week (up to)
- \* 30 min sessions 2 times a week



Walking

***Please do not hesitate to book an appointment for a thorough balance and strength assessment. We will be able to join and complete our full program including further guidance, exercise supervision, customized progression of your program and any 'hands on' therapy or treatment that may be necessary***

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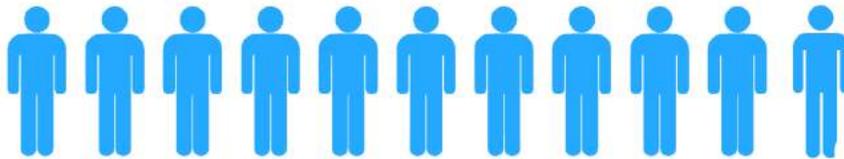
Up to **35%** of people over 65 fall each year

After a first fall **2/3** will fall again within a year

**68%** are injured 

**1/3** decline in function 

 **1/4** of those injuries need intervention



Falls prevention works

# 3 PHASE FALLS PREVENTION PROGRAM

*A HOME BASED INDIVIDUALLY TAILORED STRENGTH & BALANCE RETRAINING PROGRAM*



**A home visit**

can reduce the rate of injury from falls by

**39%**

Exercise-based programmes reduce



**37%** of all injurious falls and

**61%** of falls leading to fractures



Falls reduction programs need

**50** hours more than of exercise

