

ohi | Fall Prevention Program

Most falls in our senior population are avoidable by following proven, common sense measures that will keep patients healthy and independent for many years to come.

The OHI Fall Prevention Program is dedicated to educating and training physicians and their support staffs in a patients' risk of falling and providing optimal management protocols.

FIVE MORE STEPS YOU CAN TAKE TO PREVENT FALLS

Begin a regular exercise program

Exercise is one of the most important ways to lower your risk of falling. Exercises that improve balance and coordination (like tai chi) are the most helpful. Lack of exercise leads to weakness and increases your risk of falling. Ask your doctor or health care provider about the best type of exercise program for you.

Review your medicines

Review all the medicines you take with your doctor, even over-the-counter ones. With aging, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.

Have your feet checked

If you are experiencing foot or ankle pain, or you have been diagnosed with diabetes, visit a podiatric physician (podiatrist) immediately, and at least once per year thereafter. Ask how the Arizona Balance Brace may help reduce your risk for falling.

Have your vision checked

Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your risk of falling.

Make your home safer

About half of all falls happen at home. Remove things you can trip over (papers, books, clothes, and shoes) from stairs and places where you walk. Remove small throw rugs or use double-sided tape to keep the rugs from slipping. Have grab bars put in next to your toilet and in the tub or shower. Use non-slip mats in the bathtub and on shower floors. As you get older, you need brighter lights to see well. Have handrails and lights put in on all staircases. Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

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REDUCE FALL RISK WITH THE ARIZONA BALANCE BRACE

Many falls can be prevented.

By making minor changes, you can lower your chances of falling.



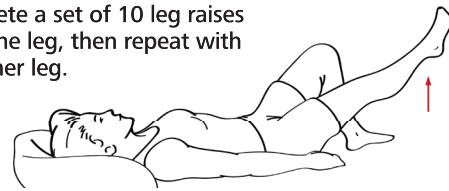
SIMPLE EXERCISES FOR REDUCING FALL RISK

Strength training is vital. These are safe and gentle exercise suggestions for you to practice at home. For additional needs consult with your practitioner, physical therapist or occupational therapist, who can play a vital role in lowering your risk for falls.

Straight Leg Raise

Total leg workout that will assist with walking, transferring and especially with getting in and out of bed. Works muscles in the stomach and back.

1. Lie on bed, straighten right leg and place left foot flat.
2. Raise right leg with knee locked.
3. Lower right leg slowly and do not allow to go all the way down to bed.
4. Complete a set of 10 leg raises with one leg, then repeat with the other leg.



Heel Slide

Increase leg strength to help with walking, transfers and stairs.

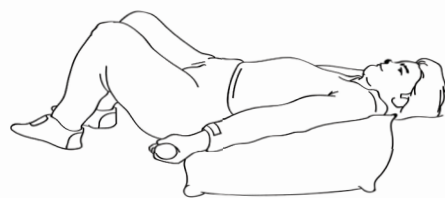
1. Bend right knee and pull heel towards buttocks.
2. Slowly straighten knee.
3. Go slow.
4. Complete a set with one leg then repeat with the other leg.



Elbow Flexion (Can use light weights)

Assists with all daily activities.

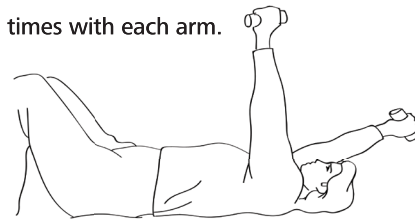
1. Turn palms up so facing ceiling.
2. Keeping upper arms on bed slowly bend BOTH elbows.
3. Slowly straighten arm.
4. Repeat 10 times.



Shoulder Flexion (Can use light weights)

Increases arm strength with dressing, cleaning, cooking and reaching for objects overhead.

1. Point thumb towards ceiling.
2. Slowly lift right arm over your head keeping elbow straight.
3. Bring it back down to your side.
4. Lift arm up over your head and back down.
5. Go slow in both directions.
6. Repeat 10 times with each arm.



Other Safety Tips

- Keep emergency numbers in large print near each phone.
- Put a phone near the floor in case you fall and cannot get up.
- Think about wearing an alarm device that will bring help in case you fall and cannot get up.

DISCLAIMER: OHI is not a licensed therapy provider and this information is for general educational purposes only. This information should not be considered a substitute for consulting with qualified medical professionals. Before starting, confirm with your physician or therapist that this exercise program is appropriate for you. If you experience any pain or discomfort, discontinue immediately, and consult with your doctor or therapist before resuming. Any exercise program may result in injury. By voluntarily undertaking any exercise displayed, you assume the risk and responsibility of any resulting injury.

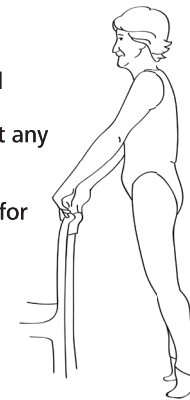
BY MAKING MINOR CHANGES, YOU CAN LOWER YOUR CHANCES OF FALLING

Important: For the four exercises below, be sure to use a sturdy chair that does not roll.

Toe Raises

Most older adults are fearful of falling forward so they push backwards. This exercise helps them feel more comfortable leaning backward. Strengthens backs of legs which will assist with balance. The goal is to complete the exercise safely without any support on the chair.

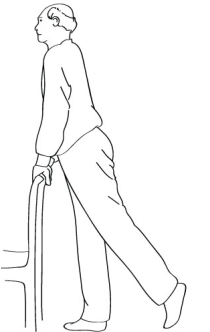
1. Rest hands on chair, use legs for balance, not arms.
2. Go up and down on toes.
3. Go slowly.
4. Do not lean forward.
5. Repeat 10 times.



Standing Leg Extension

This strengthens the muscles in the back of the leg and increases confidence with stepping backwards.

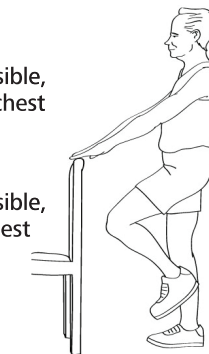
1. Rest hands on chair.
2. Slowly kick left leg back, keeping knee straight.
3. It should be a small movement. If you start to lean forward you are kicking too far.
4. Do not let leg drop back to starting position, control its descent.
5. Repeat 10 times with each leg.



Marching in Place

Teaches weight shifting and standing on one foot which will help with walking.

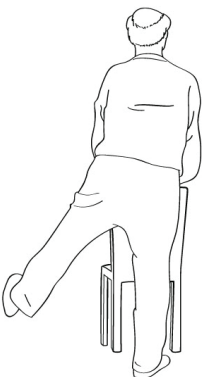
1. Rest hands on chair.
2. Keeping back as straight as possible, lift right knee up towards your chest and hold for a moment.
3. Slowly lower right leg.
4. Keeping back as straight as possible, lift left knee up towards your chest and hold for a moment.
5. Slowly lower left leg.
6. Repeat 10 times.



Standing Hip Abduction

Strengthens hip stabilizers that assist with walking.

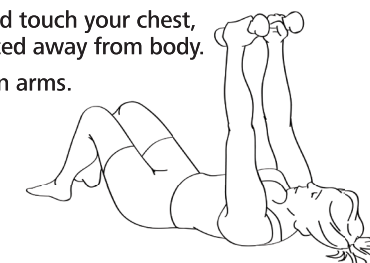
1. Rest hands on chair.
2. Kick leg out to side, keeping knee straight and toes pointed forward.
3. Make sure the kick movements are side to side and not to the front or back.
4. It should be a small movement.
5. Do not let leg drop back to starting position, control its descent.
6. Repeat 10 times with each leg.



Shoulder Presses (Can use light weights)

Total arm workout that will help with all daily activities.

1. Hold arms up towards the ceiling with elbows straight.
2. Bring hands down and touch your chest, keeping elbows pointed away from body.
3. Now slowly straighten arms.
4. BREATHE. Go slowly.
5. Repeat 10 times.



Hip Abduction

Strengthens hip stabilizers which will help improve balance.

1. Slide right leg out to the side.
2. Keep kneecap pointing toward ceiling.
3. Slowly bring leg back to middle.
4. Make sure leg barely lifts off bed.
5. Complete a set of 10 with one leg then repeat with the other leg.

