

## LET'S KEEP YOU FROM FALLING!!

Here are some exercises that can help prevent falls:

1. Standing on One Foot:

Stand on one foot behind a sturdy chair, gripping for balance.

Hold for 10 seconds.

Repeat 10 times, and then repeat with opposite leg.

2. Walking Heel to Toe:

Position your heel of one foot in front of your toes of the other foot. Your heel and toes should be touching or almost touching.

Select a spot ahead of you, focusing on it to keep you steady as you walk.

Step forward; place your heel just in front of your other foot.

Repeat this for 20 steps.

3. Balance Walk:

Raise your arms to your sides at shoulder height.

Again, select a spot ahead of you and remain focused on it to keep you steady while walking.

Walk slowly, placing one foot in front of the other.

As you walk, lift your back leg and count to 1 before stepping.

Alternate legs and repeat for 20 steps.

If you have any questions please contact our office.