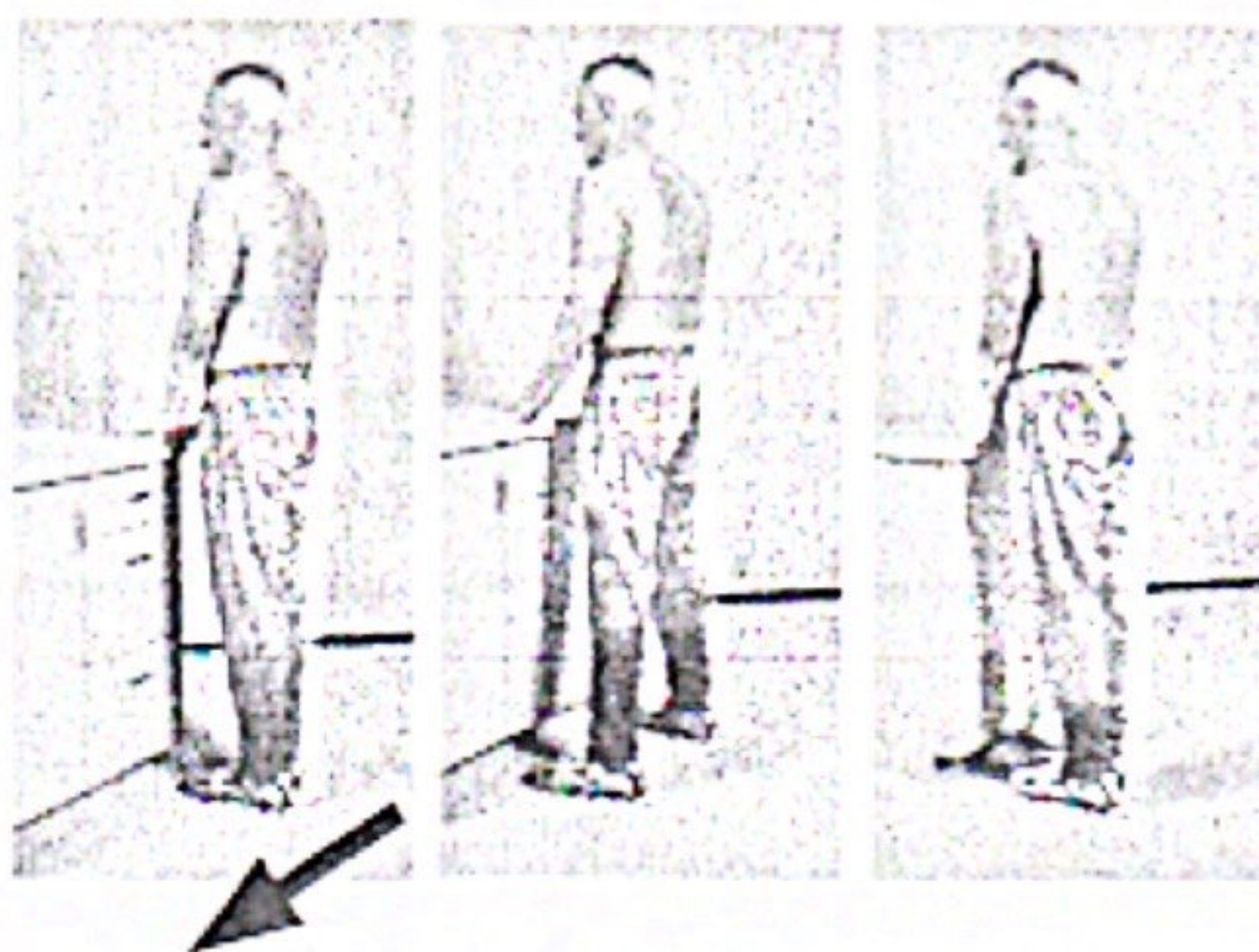


☐ Side stepping

Stand with a long counter in front of you, only touching the counter if you need to regain your balance. Step sideways with one leg and bring your other foot to it. Repeat for 5 steps in the same direction.

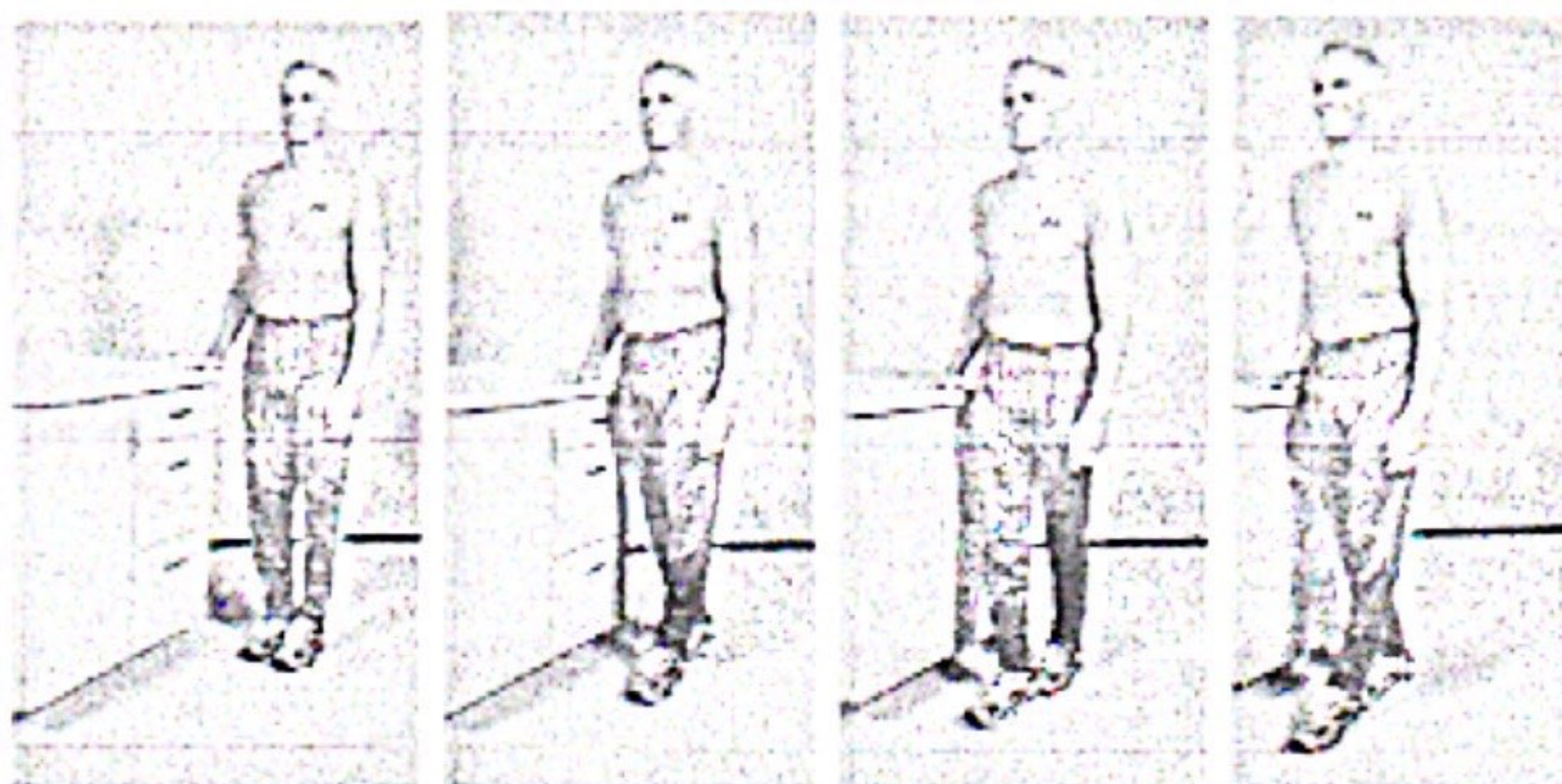


Repeat 5 steps in the opposite direction.

Frequency _____

☐ Tandem walking

Stand at the end of a hallway or long counter. Only touch the walls or the counter if you need to regain your balance. Focus on a target directly in front of you.



Walk forward by placing one foot directly in front of the other as if you're walking a tightrope.

Walk as straight as you can, not veering to either side.

Frequency _____

☐ Single leg standing balance

Stand on a firm surface backed into a corner of a room or stand next to a countertop.

Touch the walls or counter only if you need to regain your balance. Stand on one leg.

Try and remain steady for 10 to 15 seconds.

Repeat with your other leg. Continue alternating sides.

Frequency _____



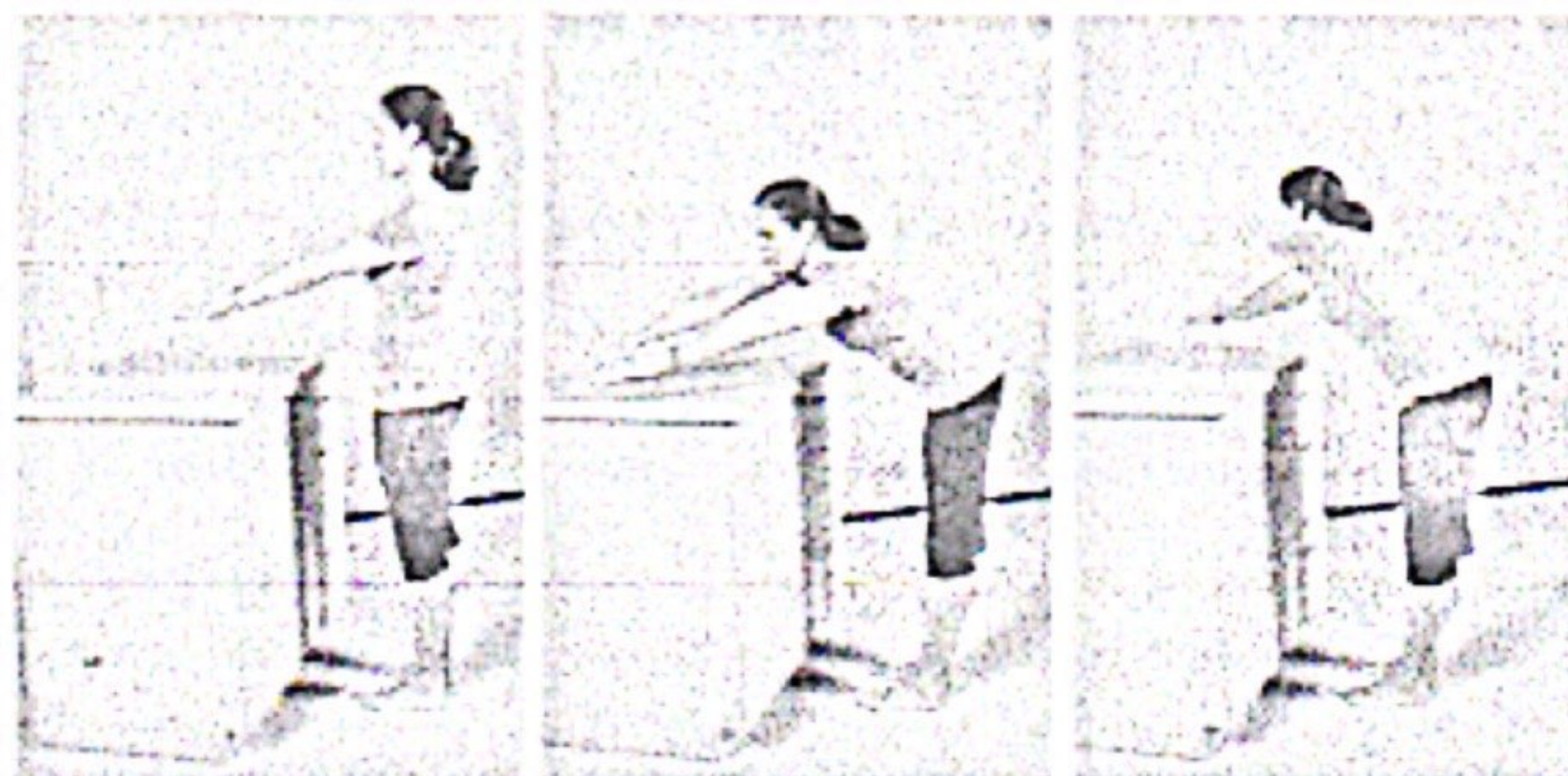
☐ Forward reach using hip strategy

Stand on a firm surface close to, but not touching a counter.

Keep your feet flat on the floor, shoulder width apart. Touch the counter only to regain your balance and to prevent a fall.

- a) Reach forward with your hands and move your hips backwards to counterbalance you. Keep your back straight as you move. Come back to the starting position.

Frequency _____



- b) Reach across to the left with your hands and move your hips backwards to the right. Return to the starting position. Then repeat the exercise reaching right with your hands and moving your hips backwards to the left.

Frequency _____

RECOMMENDED EXERCISE

Chair Rise Exercise

What it does: Strengthens the muscles in your thighs and buttocks.

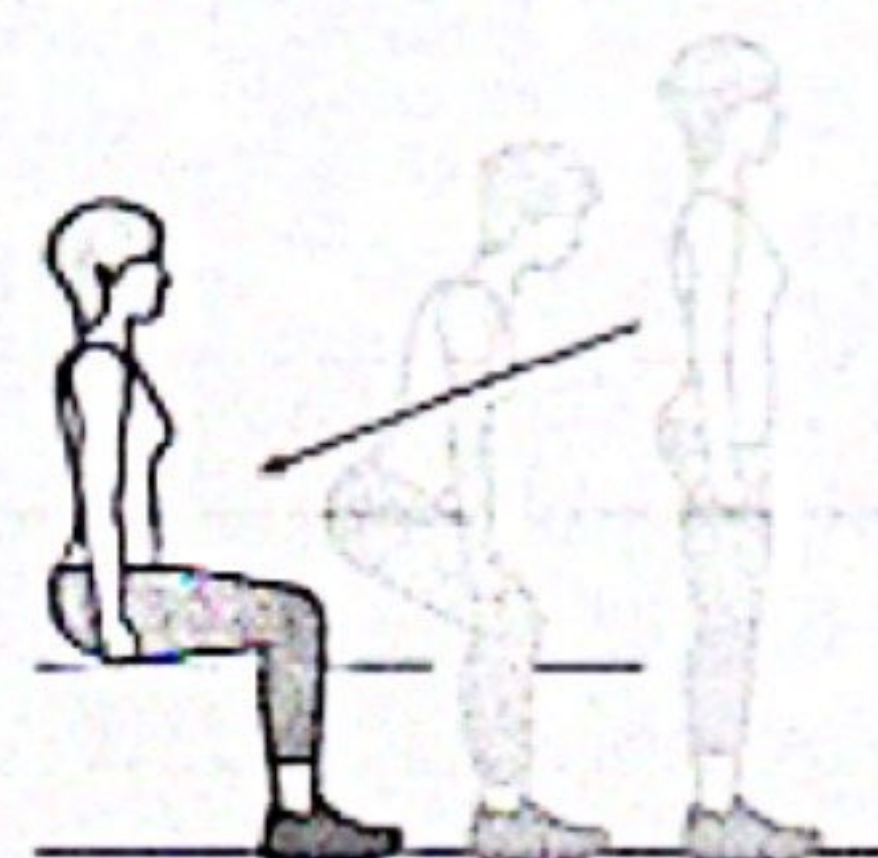
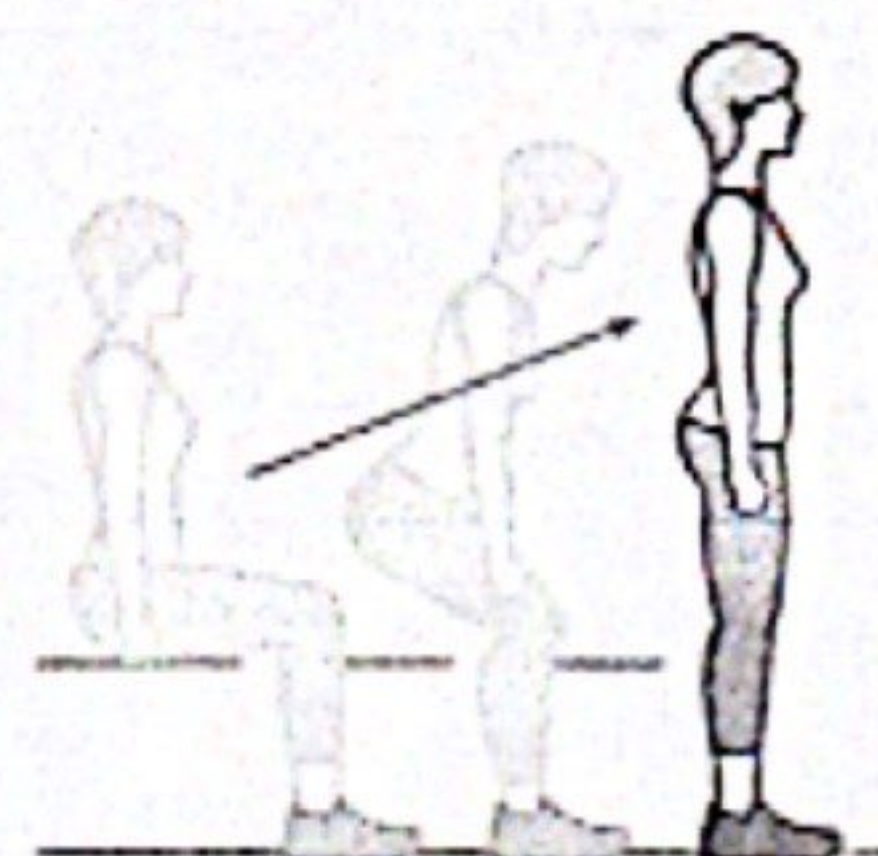
Goal: To do this exercise without using your hands as you become stronger.

How to do it:

1. Sit toward the front of a sturdy chair with your knees bent and feet flat on the floor, shoulder-width apart.
2. Rest your hands lightly on the seat on either side of you, keeping your back and neck straight, and chest slightly forward.
3. Breathe in slowly. Lean forward and feel your weight on the front of your feet.
4. Breathe out, and slowly stand up, using your hands as little as possible.
5. Pause for a full breath in and out.
6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
7. Breathe out.

Repeat 10-15 times. If this number is too hard for you when you first start practicing this exercise, begin with fewer and work up to this number.

Rest for a minute, then do a final set of 10-15.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

STEADY

Stopping Elderly Accidents,
Deaths & Injuries