

## Balance Exercises: Small Efforts Make Big Changes

*Get your physical therapist's approval before trying these exercises.*

### Heel lifts:

- Hold onto a counter or stable surface
- Rise up onto your toes from standing
- Slowly lower heels to ground

### Single leg balance:

- Hold onto counter or stable surface
- Bend the knee of one leg, so the foot is off the ground
- Hold for 10-30 seconds
- Lower and repeat with the other side



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*Open to the public*

**Lose your balance?  
Fall recently?**



## Falls: A Serious Matter

As we age, our bodies tend to experience a decline in our sensory systems including losses in vision, touch, and our awareness of our bodies in space. In addition, the body's muscles experience changes that can lead to weakness and decreased rate of muscle firing. These age-related declines can all lead to an increased risk of falls.

## Balance Statistics

- 1 out of 3 adults aged 65 and older fall each year
- Falls are the leading cause of injury death in adults aged 65 and older
- Falls are the most common cause of hospital admission for trauma
- Women are more likely to be injured in a fall
- Over 90% of hip fractures are caused by falls, and hip fractures reduce life expectancy among the elderly

Source: [www.cdc.gov](http://www.cdc.gov)



## Tips to Decrease Your Risk of Falls in Your House and in the Community

- Get rid of throw rugs - these can be a tripping hazard
- Use nightlights - avoid potential hazards at night by lighting the paths you need to travel
- Eat a well-balanced diet and drink plenty of water - dehydration or malnutrition can contribute to losses of balance
- Use railings on stairs and in the shower
- Exercise! Regular exercise can help keep muscles strong, consult your physician or physical therapist before beginning an exercise regimen
- Review any medications you take with your doctor - a common side effect of medications is dizziness which can contribute to falls
- See an eye doctor - receive potential treatments for any visual deficit

## What can Physical Therapy do for me?

- **Balance training** - Customized exercises to enhance your balance
- **Fall prevention strategies** - learn ways to increase balance responses and decrease your risk of falling to the ground
- **Strengthening** - Analyze your muscles to determine strength and endurance of the muscles necessary to keep you on your feet
- **Recovery** - learn techniques to get back up after a fall, or stop your balance loss before a fall occurs



Call today to schedule an appointment!  
MD Referral **not** required for most insurances.

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