

Fall Prevention Exercises*

Consult with a physician before **beginning any** exercises.

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 slower 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.



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.



Heel Slide

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

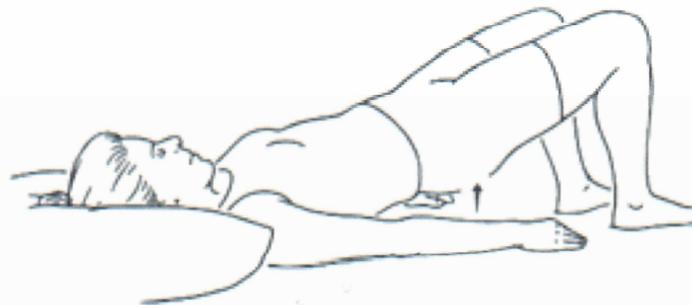
1. Bend right knee and pull heel towards buttocks.
2. Slowly straighten knee.
3. Go slow.
4. Complete a set with one leg then repeat with the other leg.



Bridging

Increases flexibility in waist area to assist with balance. Increases body awareness. Strengthens back, buttocks and legs.

1. Bend knees and place feet shoulder width apart.
2. Lift hips up towards the ceiling.
3. Hold for 3 seconds.
4. Return buttocks slowly to the ground. Do not let it drop.
5. Repeat 10 times.

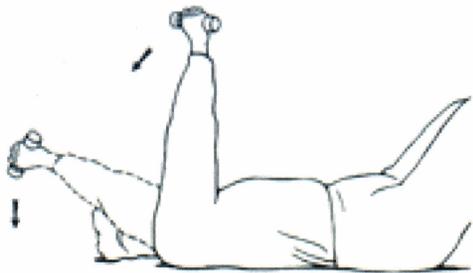


*(Source: Senior Abilities Unlimited)

Shoulder Flexion

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

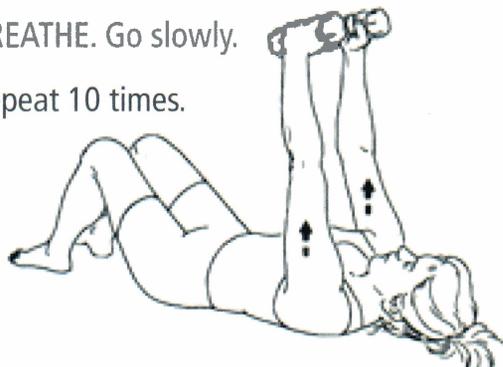
1. Point thumb towards ceiling.
2. Slowly lift right arm over your head keeping elbow straight.
3. Bring it back down to your side.
4. Lift arm up over your head and back down.
5. Go slow in both directions.
6. Repeat 10 times with each arm.



Shoulder Presses

Total arm workout that will help with all daily activities.

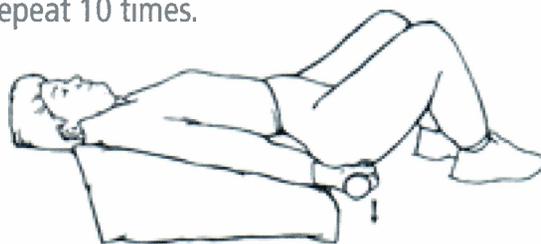
1. Hold arms up towards the ceiling with elbows straight.
2. Bring hands down and touch your chest, keeping elbows pointed away from body.
3. Now slowly straighten arms.
4. BREATHE. Go slowly.
5. Repeat 10 times.



Elbow Flexion

Assists with all daily activities.

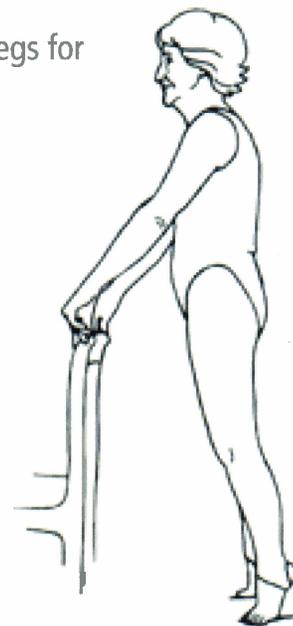
1. Turn palms up so facing ceiling.
2. Keeping upper arms on bed slowly bend BOTH elbows.
3. Slowly straighten arm.
4. Repeat 10 times.



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



changes, you can lower your chances of falling

Marching in Place

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

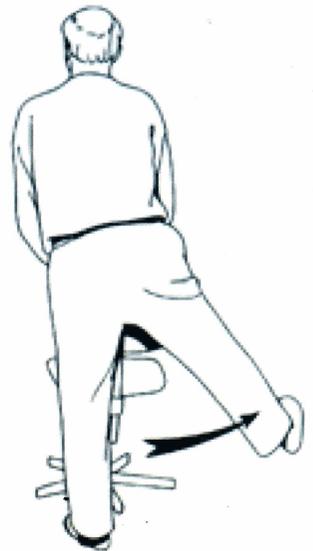
1. Rest hands on chair.
2. Lift right knee up towards your chest and hold.
3. Slowly lower right leg. Do not let it drop to the floor.
4. Lift left knee up towards your chest and hold.
5. Slowly lower left leg. Do not let it drop to the floor.
6. Control movement in both directions.
7. Keep back as straight as possible.
8. Repeat 10 times.



Standing Hip Abduction

Strengthens hip stabilizers that assist with walking.

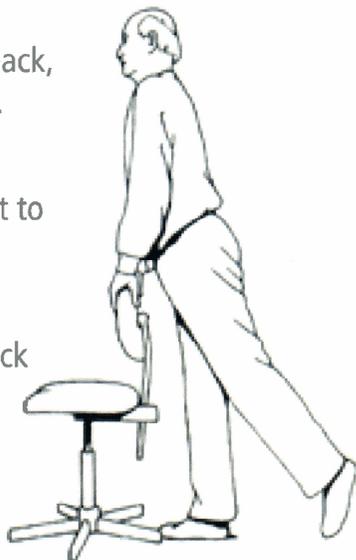
1. Rest hands on chair.
2. Kick leg out to side, keeping knee straight and toes pointed forward. Make sure the kick movements are side to side and not to the front or back.
3. It should be a small movement.
4. Do not let leg drop back to starting position, control its descent.
5. Repeat 10 times with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



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 right 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.



Other Safety Tips

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

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 chances of falling. Exercises that improve balance and coordination (like tai chi) are the most helpful. Lack of exercise leads to weakness and increases your chances 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, 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

Painful feet can increase your chances of falling. Visit a podiatric physician (podiatrist) at least once a year for treatment of any foot or ankle pain and ask how to reduce your chances of falling by using the Moore Balance Brace (MBB).

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 chances of falling.

Make your home safer

About half of all falls happen at home. Remove things you can trip over (like 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.

"When I told my foot and ankle specialist I had fallen, I had no idea what he could do for me. I was so happy I went. He did a detailed fall assessment and determined I would benefit from the MBB. Now I can walk better than I ever dreamed without the fear I used to have."

— Susan, an MBB user



The MBB can stabilize the foot and ankle and worn as a pair, reduces the chance of falling.



For more information, contact Centers for Disease Control and Prevention 770-488-1506

langerbiomechanics.com

Moore Balance Brace (MBB) Instructions for use

Putting the MBB into a shoe

Don't wear shoes that have thick soles.

Avoid any rocker bottom style shoe.

Velcro straps are preferred over lace closures.

- Choosing a shoe with added balance is critical for success of the MBB.
- Remove any footbed that features arch support.
- Place the MBB on top of a thin, flat cushioned layer or the spacer that often comes with diabetic shoes.
- Make sure the MBB is snug against the back of the shoe.
- DO NOT place the MBB on top of a shoe insole or orthotic.
- DO NOT place the MBB into any rocker style or thick sole shoes.

Placing the foot into the MBB

- While seated, point your toe and slide your foot into the shoe and MBB.
- The MBB is easiest to put on if the knee is maintained just above the foot and not allowed to turn out.
- Hold onto the back upper portion of the MBB to help slide the foot in.
- Tuck in the tongue of the MBB under the outside Velcro portion of the brace and pull straps over and across the ankle.
- Adjust the straps so that neither are too tight nor too loose.
- After fastening the 2 Velcro straps, the shoes should be firmly latched and then the patient will be ready to walk.



Walking for the first time with the MBB

- If you use a cane or walker, continue to use while getting accustomed to MBB. **DO NOT EVER DISCONTINUE** using a cane or walker after starting with the MBB.
- If the MBB causes any discomfort or result in any rubbing, check to make sure the shoe fits properly.
- Expect there to be a “break in” period of getting used to walking with the MBB. If the MBB is comfortable, go ahead and wear the devices so long as you feel stable and secure.
- The MBB should ideally be worn every day but is not required.

At least 80% of MBB patients relate that they didn't feel as though they needed a “break-in” period as the MBB felt good and supportive.

Commonly, patients will use the MBB more consistently as they get used to it and increasingly appreciate its effectiveness.