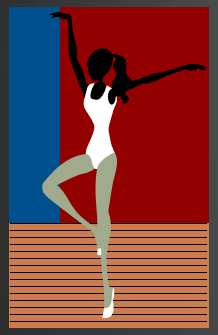
Balance

Facts on Balance

Falls are a serious problem for the elderly.
(1)

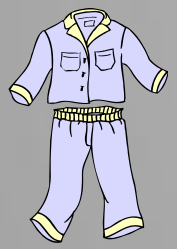


Balance training can reduce falls and increase confidence in mobility.
(2)

Balance is important for many athletic movements.
(3)

An injury is less likely to be re-injured with the addition of balance training during rehab.
(4)

Introduction to Balance program



Wear comfortable clothes

Perform Balance! in bare feet
and on a flat surface

Build up to the suggested time slowly

30 seconds with eyes open
20 seconds with eyes closed

(Only perform eyes closed exercises if you feel stable and are not dizzy.)

Alternate legs for each exercise

Master each exercise before moving on to the next one

If you feel dizzy or lose your balance: stop the exercise and consult your healthcare provider.

Preventing Falls and Injury

- To reduce the risk of falls and injury and to complement the specific balance exercises presented in this program we recommend:

- Live actively
- Engage in regular exercise
- Perform postural exercises to maintain upright posture
- Eat a balanced, healthful diet with adequate levels of protein, calcium, and vitamin D
- Keep hydrated
- Avoid overuse of sedatives
- Check with your health care provider before beginning the exercises especially if you are elderly

(references 5-10)

Maintain a level pelvis – no arching of the low back

Progression of Training:

Move from supported to unsupported

Add head rotation

Add head extension

Balance with eyes open

Balance with eyes closed

Single leg standing with support

Single leg standing with head rotated to the standing leg side with support

Single leg standing with head rotated to the lifted leg side with support

Single leg standing without support

(only perform this series of unsupported exercises if you are free from balance issues)

Single leg standing with head rotated to the standing leg side without support

Single leg standing with head rotated to the lifted leg side without support

Single leg standing with head extended without support

Single leg standing without support and eyes closed

(only perform this series of eyes-closed exercises if you are free from balance issues)

Single leg standing with head rotated to the standing leg side without support and eyes closed

Single leg standing with head rotated to the lifted leg side without support and eyes closed

Single leg standing with head extended without support and eyes closed

Balance Recap

- Balance exercises can help increase stability, decrease risk for falls, and help prevent re-injury.
- Living actively, exercising regularly, and maintaining upright balanced posture can also help to improve balance.
- Stay hydrated, eat healthy, and avoid overuse of sedatives. (see selected references)
- Enjoy challenging yourself with Balance.

Selected References

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