



# EXERCISES TO PREVENT FALLS

**Every 15 seconds, an older adult is treated in an emergency department due to an accidental fall.**

When you exercise, it makes your muscles stronger, improves your balance and enhances endurance – all key components to help prevent falls in older adults.

Try the following exercises to help prevent a fall from happening (always be sure to stand by a wall or have the back of a chair handy for support).

## 1 Balance Exercises

- Balance on one foot (hold for > 30 seconds)
- Sit and stand up without using your hands
- Stand on your toes (hold for > 30 seconds)

## 2 Toe Stand

- Hold on to a solid support for balance
- Stand up with your back straight and bend both knees slightly
- Stand on your tiptoes as high as you can
- Slowly place your heels to the floor (repeat 5-10 times)

## 3 Knee Curl

- Hold on to a solid support for balance
- Stand with your back straight, feet shoulder width apart and bend both knees slightly
- Lift one leg straight back behind you, then bend your knee and bring your heel toward your buttock
- Slowly lower your leg back to a standing position

## 4 Leg Extension

- Sit in a chair with your feet positioned on the floor
- Straighten one leg out in front of you
- Slowly lower your leg back down

## 5 Stretch the Back of Your Leg

- Sit in a straight-back chair
- Put one foot on a low stand in front of you
- Straighten your leg that is on the stand
- Reach your hand toward this foot and hold this position for 10 to 20 seconds
- Sit back up