

## factors that increase falling risk

There are multiple factors that increase the risk of falling such as poor balance, muscle weakness, vision loss, sensation loss (more common in those with diabetes), history of falls, and diagnosis of Parkinson's, dementia, or stroke.

## tips if you have one or more risk factors?

Falls are avoidable with the proper measures. Here are a few tips:

- Avoid a sedentary life
- Maintain a clutter-free and well lit house
- Be cautious around obstacles and uneven surfaces
- See a physical therapist to help reduce the risk of falls

## how can a physical therapist help?

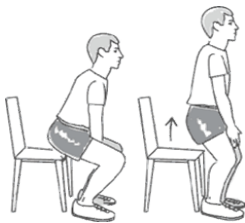
Physical therapists are experts in movement that can help prevent falls by:

- Evaluating and properly identifying your risks for falls using functional tests and movement assessments
- Educating you about your surroundings and environmental modifications.
- Designing individualized exercises that improve balance, strength, and flexibility
- Providing support on this journey to be stronger and more confident.

## strengthening exercises

For these exercises, find a stable surface in case you need support.

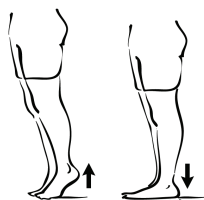
**Sit to Stands-** Slowly lean forward & rise from a chair with feet shoulder width apart. Maintain upright position in standing. Slowly lower back into chair.



**Tandem/Single Leg Balance-** Lift one foot off the ground while hovering your hands above a stable object. If you are unable to balance for 10 seconds, adjust your feet to stand with one foot directly behind the other.



**Heel Raises-** Lift heels off the ground, hold for 3 seconds, slowly lower back down.



**Standing Marches-** Lift one leg to hip level, slowly bring leg back down to ground. Repeat on other side.

