

## How to do Your Falls Prevention Exercise Program

- 🏠 **Always talk with your doctor before you start any exercise program.**
- 🏠 Exercise with a partner. Pick a family member or friend to keep it fun and keep you **safe!**
- 🏠 At first, you may feel sore and tired. Talk to your doctor if your soreness last longer than 3 days.
- 🏠 Start out lightly. Slowly increase the number and level of exercises.
- 🏠 Pick a time to do your exercises and follow through. **MAKE IT A HABIT!**
- 🏠 Use your Activity Calendar to track your progress.

Before you start your program, look through your manual and become familiar with each of the exercises. Here is a list of each kind of exercise in your manual:

Warm-up and Stretching Exercises	Strengthening Exercises	Balance Retraining	Walking
<ul style="list-style-type: none"> <li>• Head Movements</li> <li>• Neck Movements</li> <li>• Back Extension</li> <li>• Trunk Movements</li> <li>• Ankle Movements</li> </ul>	<ul style="list-style-type: none"> <li>• Front Knee</li> <li>• Back Knee</li> <li>• Side Hip</li> <li>• Calf Raises</li> <li>• Toe Raises</li> </ul>	<ul style="list-style-type: none"> <li>• Knee Bends</li> <li>• Backwards Walking</li> <li>• Heel-toe Standing</li> <li>• Heel-toe Walking</li> <li>• One-leg Standing</li> <li>• Heel Walking</li> <li>• Toe Walking</li> <li>• Sit to Stand</li> <li>• Stair Walking</li> </ul>	<ul style="list-style-type: none"> <li>• 2 minutes marching in place, 3 times per day</li> <li>• 3 times for 5 minutes each</li> <li>• 3 times for 10 minutes each</li> <li>• 2 times for 15 minutes</li> <li>• 2 times for 20 minutes</li> <li>• 1 time for 30 minutes</li> </ul>

## Start Slow and Build: A Week by Week Guide

- 🏠 Plan to do your Strengthening and Balance exercises on 3 days each week.
- 🏠 You don't have to do all the exercises at one time. You can divide them up throughout the day.
- 🏠 Take a day off between doing Strengthening exercises to rest. This may be a good day to try some light walking.
- 🏠 Do all 5 Warm-up and Stretching Movements before you do your other exercises.
- 🏠 A **repetition** of an exercise means doing the full movement 1 time. Try to do 8-10 repetitions before stopping to rest.
- 🏠 A **set** of an exercise is several repetitions done all together. Start with 1 set of 8-10 repetitions these weeks.

To get you started, we recommend this schedule:

### Weeks 1 and 2

Weeks 1 & 2	Do These Exercises	How Much	Safety Tips
<b>Strengthening Exercises</b>  (Do these 3 days each week.)	1. Front Knee 2. Back Knee 3. Side Hip	Do 1 set of 8-10 repetitions	<ul style="list-style-type: none"> <li>• You should feel tired by the end of each set.</li> <li>• Rest for 1-2 minutes before doing another exercise.</li> </ul>
<b>Balance Retraining Exercises</b>  (Do these at least 3 days each walk. May be done daily.)	1. Knee Bends	Do 10 knee bend. Hold on for support.	<ul style="list-style-type: none"> <li>• Remember to stop and rest for 1-2 minutes between each exercise.</li> <li>• Keep a chair nearby and sit down to rest.</li> <li>• If you feel dizzy, stop and rest. Talk to your doctor if the dizziness lasts for more than a few seconds.</li> </ul>
	2. Heel-toe Stand	Hold each pose for 10 seconds if you can.	
	3. Sit to Stand	Sit to stand 5 times in a row, using 2 hands if you need	

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### Weeks 3 and 4

- 🏠 Keep doing your sets of exercises 3 times every week.
- 🏠 These weeks, you're adding a few more strengthening and balance exercises.
- 🏠 Remember to take rest breaks.
- 🏠 If you need to, divide the exercises up across you day.

Weeks 3 & 4	Which Exercises	How Much	Safety Tips
<b>Strengthening Exercises</b> (Do these 3 days each week.)	1. Front Knee 2. Back Knee 3. Side Hip 4. Calf Raises 5. Toe Raises	Do 1 or 2 sets of 8-10 repetitions	<ul style="list-style-type: none"> <li>• Add a second set this week.</li> <li>• Hold onto a sturdy table or counter top for all standing exercises</li> </ul>
<b>Balance Retraining Exercises</b> (Do these at least 3 days each walk. May be done daily.)	1. Knee bends	Do 10 repetitions, rest 1-2 minutes, then repeat	<ul style="list-style-type: none"> <li>• Use your walking aid (cane or walker) for all walking exercises</li> <li>• Keep a chair nearby so you can sit down and rest between exercises.</li> <li>• Teach a family member your exercises so they can exercise with you!</li> </ul>
	2. Backwards walking	10 steps, rest and repeat 4 times	
	3. Walking and turning around	Walk a Figure 8; repeat 2 times.	
	4. Sideways walking	10 steps, rest and repeat 4 times	
	5. Heel-toe stand	Hold for 10 seconds	
	6. One leg stand	Hold for 10 seconds	
	7. Sit to Stand	Repeat 10 times using 2 hands if you need.	

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### Weeks 5 and 6

- 🏠 Keep up the great work! You should be feeling stronger already.
- 🏠 These weeks, add a little bit of weight to your leg exercises to keep them challenging.
- 🏠 Remember, it's normal to feel a little sore. Keep taking a day off between your strengthening exercise days.

Weeks 5 & 6	Which Exercises	How Much	Safety Tips	
<b>Strengthening Exercises</b>  (Do these 3 days each week.)	1. Front Knee	Add 1-2 pound ankle weights	<ul style="list-style-type: none"> <li>• Add a little bit of weight this week.</li> <li>• You should still be able to do 8-10 repetitions</li> </ul>	
	2. Back Knee			
<b>Balance Exercises</b>  (Do these at least 3 days each walk. May be done daily.)	3. Side Hip	2 sets of 10 repetitions	<ul style="list-style-type: none"> <li>• Keep your head high look forward. Focusing your eyes helps you to balance better.</li> <li>• It's ok to move your feet to help you balance better.</li> <li>• How confident are you feeling about doing your exercises and moving around?</li> </ul>	
	4. Calf Raises			
	5. Toe Raises			
	1. Knee bends			
	2. Walking and turning around			Walk a Figure 8; rest and repeat
	3. Sideways walking			10 steps, rest and repeat 4 times
	4. Heel-toe walking			10 steps, rest and repeat
5. One leg stand	Hold for 15 seconds			
6. Toe walking	10 steps, rest and repeat 4 times			
7. Sit to Stand	Repeat 10 times			

- 🏠 Think about adding in 2 days of walking this week:
  - Try marching in place for 2 minutes at a time. Or, walk in your home for 5 or 10 minutes. Do this 2 or 3 times each day.

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### Weeks 7 and 8

🏠 Congratulations! You've made GREAT PROGRESS! Keep following this guide for the next several weeks.

🏠 Have you thought about joining a Senior Center or the YMCA? Check your list of Community Resources to find a program near you.

Weeks 7 & 8	Which Exercises	How Much	Safety Tips
<b>Strengthening Exercises</b> (Do these 3 days each week.)	1. Front Knee 2. Back Knee 3. Side Hip 4. Calf Raises 5. Toe Raises	Increase ankle weights to 2-4 pounds	<ul style="list-style-type: none"> <li>Increasing the weight every 1 or 2 weeks keeps your muscles getting stronger</li> </ul>
<b>Balance Retraining Exercises</b> (Do these at least 3 days each walk. May be done daily.)	1. Knee Bends	Do 3 sets of 10 repetitions.	<ul style="list-style-type: none"> <li>Remember to hold onto a sturdy support when you do your balance exercises.</li> <li>Be sure you have a clear path to practice your walking exercises.</li> <li>Exercise with a family member or friend – its fun to get fit together!</li> </ul>
	2. Backwards Walking	10 steps, rest and repeat 4 times	
	3. Heel-toe Walk	10 steps, rest and repeat 4 times	
	4. One leg stand	Hold for 30 seconds	
	5. Heel walking	10 steps, rest and repeat 4 times	
	6. Heel-toe walking backwards	10 steps, rest and repeat 4 times	
	7. Sit to Stand	Repeat 10 times. Use your hands to help only if you need to	

🏠 Consider adding or increasing your walking by:

- Walking more: add an extra day of walking into one of these weeks.
- Walking longer: Try to walk for 15-20 before stopping to rest.
- Aim for 30 minutes, 2-4 times every week. Build up slowly and BE SAFE!