

## BALANCE & FALLS PREVENTION

Do you lose your balance? Do your legs and feet feel weak? Try these exercises and tips to put yourself in stable situations and avoid falls at the work place and in your everyday life!

*\*Falls are the most common cause of nonfatal injuries. Each year one person in 20 is injured severely enough to require medical treatment (Maull et. al., 1981; Baranick et al., 1983).*

Below are some great exercises and tips to help avoid situations in which you may fall.

**While doing the exercises avoid movement that produces pain. Perform each exercise for 10 repetitions. Remember to breathe! Try to do these exercises once per day.**



### Supine Bridge

- Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.
- Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.



### Single leg Balance

- Begin in a standing upright position with your arms resting at your sides.
- Lift one foot off the ground behind your body. When you are balanced, hold for a few seconds and then slowly lower your foot to the floor and repeat on the other side.

## How To Prevent Falls

Falls can be a serious health risk, especially for older adults. However, many falls are preventable. Follow these tips to stay safe, keep your body strong, and maintain your independence.

### 1. EXERCISE

Participate in activities such as walking, Tai Chi, yoga, or dancing to help you stay strong, flexible, and improve your balance. Make sure to keep up with your exercise program if your doctor or therapist has given you one.

### 2. REVIEW YOUR MEDICATION

Talk with your healthcare provider about all the medications you take, including prescriptions, over-the-counter medicine, and supplements. Some combinations can cause fatigue and dizziness. These side effects can increase your chance of falling.

### 3. CHECK VISION

Have your vision checked by an eye doctor every year. Wearing the correct prescription lenses will make sure you can see clearly. If your vision is poor, your chances of falling are higher.

### 4. WEAR SUPPORTIVE SHOES

Choose shoes that fit with non-slip soles and have a flat or low, wide heel. Avoid slippers, flip flops, backless shoes, high heels, and shoes with smooth leather soles.

### 5. CREATE A SAFE LIVING ENVIRONMENT

- Remove tripping hazards, such as loose rugs and clutter
- Add handrails to stairs and bathrooms
- Use non-slip mats in the bathtub and shower
- Add lighting in dark areas

Information provided by Medbridge  
<https://www.medbridgeeducation.com/home-exercise-program/>

## How To Fall Safely

Learning how to fall safely can reduce your likelihood of getting injured. The first step to staying safe is to prevent a fall from happening, although in case you find yourself taking a spill, keep these tips in mind to help you reduce impact and prevent injury.

### 1. STAY CALM AND LOOSE

Staying calm can be difficult, but it will help you stay in control. Additionally, staying loose will help lower your chances of becoming injured.



### 2. BEND ARMS AND LEGS

Although it may be tempting to reach out and catch yourself, it is important to keep your arms and legs bent as you fall to protect yourself from injury.

If you're falling forward, hit the ground with your entire palm and forearm to reduce the likelihood of a wrist fracture - don't try to break your fall with a locked elbow and bent wrist.

*If you use an assistive device, such as a cane, release your grip from the device to avoid falling on it.*



### 3. PROTECT YOUR HEAD

If you fall backwards, it is important to protect your head. Place your arms and hands on your neck and head for protection during the fall.

### 4. LAND ON PADDED AREAS OF YOUR BODY

Try to land on the parts of your body that are most muscular; your lower back, thighs, or buttocks. If you are falling sideways, try to grasp your hip with your opposite arm.



### 5. ROLL INTO THE FALL

Your instinct may be to stop yourself as quickly as possible but, try to fluidly roll out of the direct impact. This will disperse the energy of the fall, spreading out the force over a larger area of your body. Avoid having one body area absorb the entire impact.

If you are experiencing any pain or problems please call our **medical care management team** at 1-888-986-7886. Our care coordinators are ready to hear from you.



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