



STAYING ACTIVE STAYING SAFE

**Basic exercises to
help prevent falls**



How to use this Booklet

Before commencing this or any other exercise programme, you should consult your doctor.

Please refer to the safety tips, instructions and illustrations in this booklet, or have them explained to you, to help you understand the exercises described on the accompanying audio or video tape.

Please read this booklet and listen to the tape, or watch the video, before you attempt the exercise program.

Make sure that you read the safety tips on page 3 before you start any exercises.

You might find it useful to have the booklet near you, for easy reference, when doing the exercise.

Audio Tape Users: Ensure the tape is rewound to the beginning of the side you intend to use. Seated Exercises are on Side A and Standing Exercises are on Side B.

The Exercise Program

The program consists of 1 audio or video tape of guided exercises and this reference booklet.

The exercises have been designed to assist you to remain active, strong and safe.

Seated Exercises include exercises to be performed whilst sitting in a chair.

Chair Assisted Standing Exercise are more advanced exercises. Exercises are performed whilst *standing* and *holding onto a chair* for support.

It is recommended that exercises be done at least 3 times a week, if possible.

Falls Prevention Tips appear at the rear of this booklet to assist you to avoid a fall and remain safe.

The producers, sponsors and distributors of this program accept no responsibility with respect to any liability, loss or injury arising from or in connection with the exercise routine and advice contained within this booklet and tapes.

Safety Tips

- Do exercises smoothly, slowly and gently.
- Try to repeat movements the number of times stated.
- If anything hurts, stop immediately.
- Try to do exercises on a regular basis, but don't overdo things.
- Try to do each movement as far as the body will allow.
- Be patient with yourself, take a rest if needed.
- Use a sturdy chair with arms and a high back, that will support your weight, and place it on a non-slippery surface. Ensure your feet are flat on the floor when seated e.g. a kitchen chair.
- Ensure there are no rugs/mats or other obstacles around your exercise area.
- Wear sensible shoes that are firm on your feet, non slip and do not have a high heel.
NO SLIPPERS!

Note: This booklet shows one demonstrator not wearing shoes. This is **only** to demonstrate the exercises correctly.

Seated Exercises

Use the following diagrams and descriptions to assist you while being guided by the accompanying audio or video tape to do the exercises.

*NB. Seated Exercises are on
Side A of the audio tape*

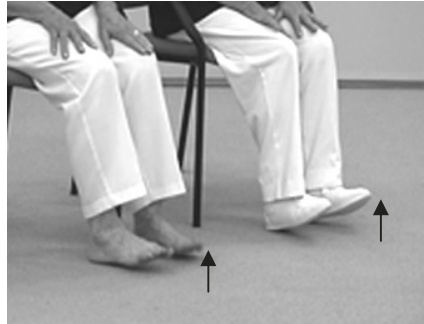
1

Toe Raises

- Place feet flat on the floor.



- Lift the front of your feet and toes off the floor, keeping the heels on the floor.



- Hold for 3 seconds and then lower.



- Repeat eight times.

**Repeat
8 times**

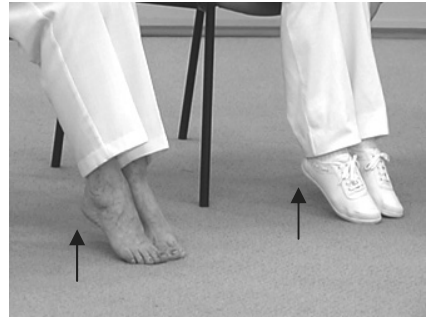
2

Heel Raises

■ Place feet flat on the floor.



■ Lift heels off the ground, bending at the toes.



■ Hold for 3 seconds and then lower.



■ Repeat eight times.

**Repeat
8 times**

3

Curling the Toes

- Place feet flat on the floor.



- Curl toes as much as possible.



- Straighten toes out.



- Repeat 8 times.

**Repeat
8 times**

4

Soles of Feet Facing

- Place feet flat on the floor.



- Turn the soles of your feet to face each other. Do not move the knees.



- Hold for 3 seconds.

- Relax and place your feet flat on the floor.



- Repeat eight times.

**Repeat
8 times**

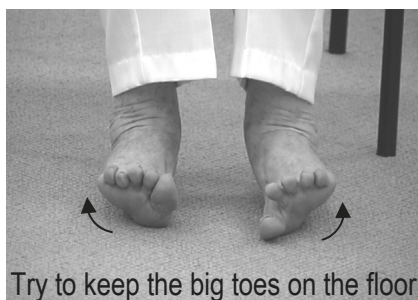
5

Soles of Feet Facing Away

- Place feet flat on the floor.



- Turn the soles of your feet away from each other.



- Hold for 3 seconds.

- Relax and place your feet flat on the floor (keep the big toes down).



- Repeat eight times.

**Repeat
8 times**

6

Pointing the Toes

- Raise one knee, holding the leg under the thigh.



- Point your toes towards the floor.



- Point your toes towards the ceiling.



- Repeat eight times on this side.
- Lower your right leg.
- Repeat the exercise with your other leg.

**Repeat
8 times on
each leg**

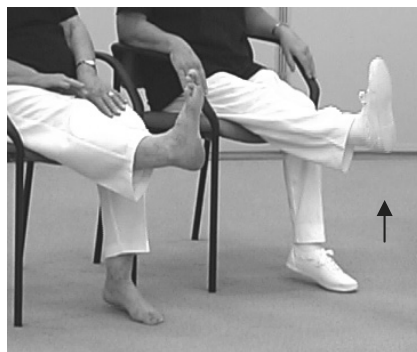
7

Strengthening Thighs

- Place both feet on the floor.



- Gently raise one leg and straighten the knee.



- Hold for 3 seconds then lower the leg back down.
- Repeat eight times on this side.
- Repeat the exercise with your other leg.

**Repeat
8 times on
each leg**

8

Sit to Stand (Bottom Raises)

- Bring your body to the front of the chair.
- Place feet close to the chair.
- Gently lean forward while holding onto chair arms.



- While holding onto the arms of the chair for support, use your legs to push yourself up off the chair a few inches.



- Slowly lower back onto the chair, still holding onto the chair arms.
- Repeat 4 times.

**Repeat
4 times**

9

(Seated) **Marching on the Spot**

- Keeping your knees bent, alternatively lift your right and left knee up towards your chest and lower.



(as though you are marching on the spot while seated).

- Repeat the exercise 8 times on each leg.

**Repeat
8 times on
each leg**

Sitting Posture

- Check to see if you sit straight.
- Keep your back supported in the back of the chair.
- Keep arms and shoulders relaxed and down.
- Bring shoulders back in-line with the body.
- Head level and chin tucked in.
- Feet firmly flat on the floor.
- Relax.



Chair Assisted Standing Exercises

Use the following diagrams and descriptions to assist you while being guided by the accompanying audio or video tape to do the exercises.

*NB. Standing Exercises are on
Side B of the audio tape*

Safety Tips Reminder

- Before commencing this advanced program or any other exercise program, you should consult your doctor.
- Use a sturdy chair with arms and a high back, that will support your weight, and place it on a non-slippery surface. Ensure your feet are flat on the floor when seated e.g. a kitchen chair.
- Ensure there are no rugs/mats or other obstacles around your exercise area.
- Wear sensible shoes that are firm on your feet, non slip and have no heel. **NO SLIPPERS!**
- Do exercises smoothly and gently. If anything hurts stop immediately.
- Be patient with yourself. Remember to take rest breaks if needed.
- The following exercises, involve standing behind a chair giving you support when and where required.

- Face the back of the chair. Hands on the chair.
- Take one leg forward and the other leg back.
- Keep your back leg straight with both heels on the floor.
Take your weight onto your front knee.



- Hold for 3 seconds.
- Bring legs back together.
- Repeat this 4 times with the same leg.
- Repeat on your other leg.



**Repeat
4 times on
each leg**

11

Walking on the Spot

- Hold the back of the chair.
- Keeping the front part of your feet in contact with the floor, lift your right heel off the floor.
- Lower the heel.
- Repeat with the left foot.
- Repeat the exercise 8 -10 times on each foot.



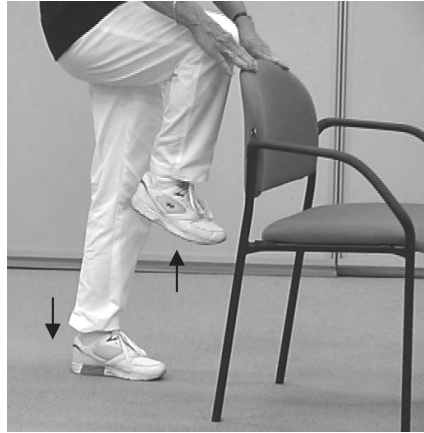
(N.B. Remember to keep the front part of your feet on the floor at all times.

**Repeat
8-10 times**

12

Marching on the Spot

- Face the back of the chair. Hands on chair.
- Raise your right knee up towards your chest and lower.
- Repeat with your left leg.
- Repeat the exercise 8 - 10 times on each leg.



**Repeat
8-10 times**

13

Heel Raises

- Face the back of the chair, holding onto the back of the chair.
- Feet together, lift both heels as high as possible.
- Hold for 3 seconds.
- Lower your heels back down.
- Repeat the exercise 8 times.



**Repeat
8 times**

14

Heel Lifts

- Face the back of the chair, hands on chair.
- Take your right leg back and point your toes to the floor.
- Keep your weight on your left leg.
- Lift your right heel up at the back, bend your knee and try to get your heel close to your bottom.
- Hold for 3 seconds.
- Slowly lower your leg back down and feet back together.
- Repeat the exercise 8 times on each leg.



**Repeat
8 times on
each leg**

15

Lift Leg to Side (Side Lifts)

- Face the back of the chair.
Hands on chair.

- Toes facing forwards and without bending your leg . . . lift one leg directly out to the side with your foot a few inches off the floor.

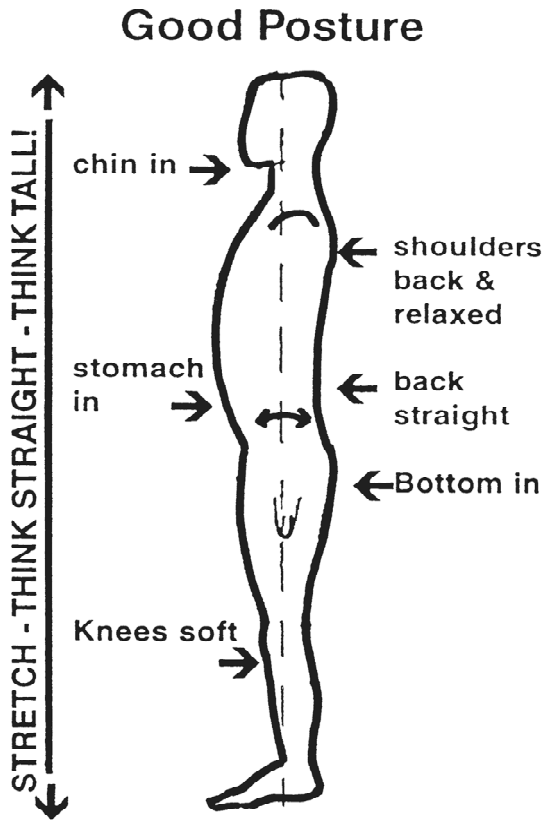


Ensure that toes face forward

- Hold for 3 seconds.
- Slowly lower your leg back down.
- Repeat 8 times on each leg.

**Repeat
8 times on
each leg**

Posture Check



- Stand with your feet slightly apart.
- Bring your hips directly over your feet.
- Shoulders level with the hips.
- Chin tucked in.

Falls Prevention Tips

Eyesight

Our eyes play an important part in helping us maintain our balance, therefore:

- Have your eyesight checked regularly.
- Allow time for your eyes to adjust to light or dark areas.
- Be alert to judging distances and depth e.g. when on steps.
- Ensure you have adequate lighting around your home.
- Put things away once you have finished using them.



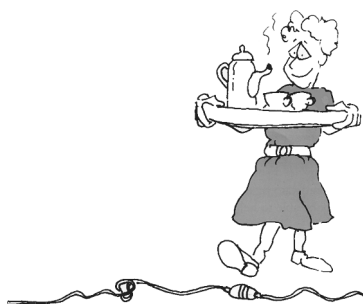
When Outside:

- Wear sunglasses and a hat to avoid glare.
- Make yourself visible to others so they can see you properly.
- Be alert for hanging branches and uneven paths.

Environmental Issues

There are many potential hazards, of which we need to be aware:

- Be careful of slippery surfaces e.g. bathroom, kitchen. Clean up spills immediately. Install a hand rail in the bathroom and toilet.
- Improve your lighting if you have poor lighting.
- Be aware of the edges of surfaces e.g. stairs and pathways. Make them more visible e.g. paint edges with non-slip paint.
- Remove clutter from the floor e.g. electrical cords, other small objects.
- Be careful on small, unsafe steps and ladders.
- Remove loose rugs, or secure them firmly.
- Be careful whilst in the garden.
- Ensure your chair and bed is at the right height for you.



Feet and Shoes

Our feet and shoes are also important in preventing a fall:

- Choose a non-slip shoe with a patterned tread.
- Ensure your shoe has a broad, well rounded toe area with a low broad heel.
- Your shoe should fit snugly around the whole foot to give support.
- Keep your shoes in good repair – worn out parts of a shoe could make balancing more difficult.
- Only wear slippers that are firm fitting, provide firm support and have a non-slip sole.



Medicines

Medicines could make you drowsy, dizzy, confused, light headed and generally less steady on your feet. This could put you at risk of a fall.

- Always tell your doctor about every medicine that you are taking, including those prescribed by other doctors.
- Advise your doctor immediately of any new symptoms. They could be side effects of a medicine you are taking.
- Avoid taking multiple types of different medicines, unless specifically advised by your doctor.
- Keep an accurate and up to date written record of your medicines and present it to your doctor at every visit.

Extract from 'Modern Medicine of Australia' 1997

Healthy Lifestyle Courses

Healthy Lifestyle runs a range of
physical activity courses
for older adults in Northern Sydney:

- Gentle Exercise
- Stretch and Tone
- Tai Chi
- Tai Chi for Arthritis
- Pilates
- Upright & Active (for falls prevention)
- Strength Training
- Aquafitness
- Yoga
- Feldenkrais

For further information phone (02) 8877 5300

A number of resources are also
available for purchase:

- **Staying Active Staying Safe**
A program of basic, chair-assisted exercises to help prevent falls.
- **Basic Steps**
A physical activity and education resource for staff working with frail older adults in residential care who are at risk of falling.
- **Falls Prevention Resources**
eg brochures, bookmarks, fridge magnets that address the risk factors of falling.

For further information phone (02) 8877 5300

Acknowledgements

Exercises designed by:

Sally Castell
Physical Activity Coordinator
Northern Sydney Health Promotion

Production design/management:

Darryn Piper
Communication & Information Strategy Manager
Northern Sydney Health Promotion

Video development/production

John Baird, Medical Illustrations Department, RNSH

Staying Active Staying Safe Video working group:

Sally Castell, Darryn Piper, Amanda Bates and Margaret Armstrong, with input from Jan Brooks, Patricia Krolik and Pete Whitecross.



Health

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Ryde Safe Communities Project:

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Healthy Lifestyle

Locked Bag 2220
North Ryde NSW 1670
Phone: (02) 8877 5300
Fax: (02) 8877 5339

Northern Sydney
Health Promotion Service



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