

Falls Recovery



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Facing down, bend the stronger knee and upper body. Move into a crawling position.



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Support yourself on a chair with your arms. In a kneeling position, bring the stronger leg forward.



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Lean forward and straighten the stronger leg. Stand up straight. Turn and sit.



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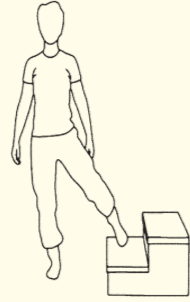
Fall Prevention - Home Exercises and Home Safety Advice

Exercises

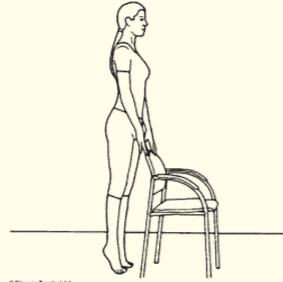
- Strengthening (3 sets, 10 times)



Sit to Stand

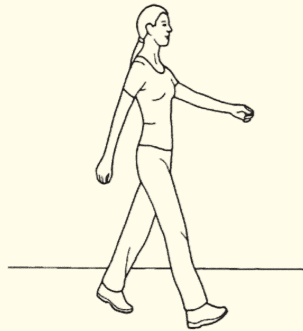


Side Stepping



Tip Toes

- Endurance (20 mins, 3 times per week)



Walking

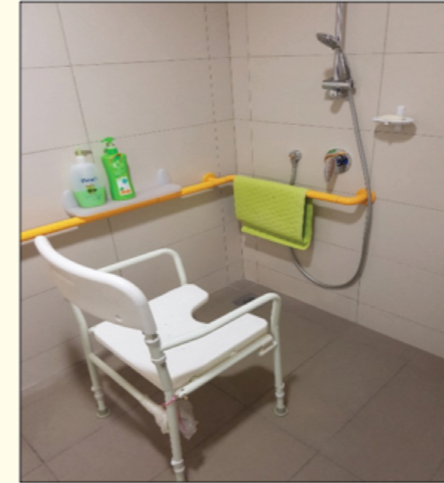


Stairs Climbing

Home Safety Advice

Bathroom

- keep floor dry after each usage of the toilet
- have tiles treated with anti-slip solution
- install grab-bars near toilet bowl or shower area for support
- have shampoo, soap and shower hose placed within reach
- highlight kerbs into the toilet with reflective stickers



Kitchen

- keep commonly used items within easy reach (not too high or too low)
- do not place heavy items in places which are hard to reach
- do not stand on stool to reach high places



Living Room

- ensure a clutter-free environment
- ensure room is sufficiently lit
- avoid chairs of low height that makes standing up difficult



Bedroom

- have motion-sensor night lights leading to the toilet
- when getting up from bed, sit for a while before standing up to prevent giddiness
- keep electrical wires and cords neatly bundled
- ensure bed is not too low as it makes standing difficult
- when using a commode, keep it near the bed

