

Balance Training

Level I

Fall Facts:

- Falls are the primary cause of accidental deaths in persons over the age of 65.
- More than 90 percent of hip fractures occur as a result of falls
- 33% of community-dwelling elderly persons fall each year.
- Risk factors for falls include increasing age, medication use, cognitive impairment and sensory deficits.

Exercise improves balance, agility, muscle strength, and reduces the risk of falls and fear of falling.

KNOW YOUR LIMITATIONS – If you are unsure of your ability to perform an exercise please avoid that exercise for the time being. As always, if you have questions Gerofit staff members are here to help.

Semi-Tandem & Tandem Stands

Stand in front of a chair, table, or other sturdy object for support. Utilize the chair/table/sturdy object for balance support if needed.

Semi-Tandem Stand

- Place the big toe of one foot so that it is touching the side of the heel of the other foot. Maintain your balance in this position.



Tandem Stand

- Place the heel of one foot so that it is touching the toes of the other foot (heel-to-toe). Maintain your balance in this position.

Aim to increase the amount of time the position is held

Target: 2 sets of 15-30 second holds



Heel Stands / Toe Stands

Stand in front of a chair, table, or other sturdy object for support. Utilize the chair/table/sturdy object for balance support if needed.

Heel Stands

- In a controlled manner, lift your toes off the ground. Pause at the top and slowly lower your toes back to the ground. Maintain your balance throughout the movement.



Toe Stands

- In a controlled manner, lift your heels off the ground and raise up on your toes. Pause at the top and slowly lower your heels back to the ground. Maintain your balance throughout the movement.



Target: 2 sets of 5-10 repetitions

Rhomberg Stand

Stand tall and with feet together next to a chair, table or other sturdy object. Cross your arms over your chest. Hold and balance in this position.

Target: 2 sets of 10-20 seconds

