

# Balance Training

## Level II

### 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.

## Single Leg 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.

### Single Leg Stance

Stand on one leg and maintain your balance. Aim to increase the amount of time the position is held.

**Target:** 1-2 sets of 10-30 second holds



### Single Leg Stance - Forward

Stand on one leg with the elevated leg in front of your body and maintain your balance. Aim to increase the amount of time the position is held.

**Target:** 1-2 sets of 10-30 second holds



### Single Leg Stance - Side

Stand on one leg with the elevated leg out to the side of your body and maintain your balance. Aim to increase the amount of time the position is held.

**Target:** 1-2 sets of 10-30 second holds



### Single Leg Stance - Backward

Stand on one leg with the elevated leg in front of your body and maintain your balance. Aim to increase the amount of time the position is held.

**Target:** 1-2 sets of 10-30 second holds



## Tandem Walks

Stand next to a chair, table, or other sturdy object for support. Utilize the chair/table/sturdy object for balance support if needed.

Stand with one foot directly in front of the other so that the toes of one foot touch the heel of the other. Progress by taking steps with your heel touching your toes. Aim to increase the number of steps taken.

**Target:** 1-2 sets

## Rhomberg Stand - Eyes Closed

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

**Target:** 1-2 sets of 10-20 second holds

