

Balance Training

Level III

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 (With Unstable Surface)

Stand in front of a chair, table, or other sturdy object for support. Stand on either foam pads, balance discs, or balance stones. 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



Toe Stands (With Unstable Surface)

Stand in front of a chair, table, or other sturdy object for support. Stand on either foam pads, balance discs, or balance stones. Utilize the chair/table/sturdy object for balance support if needed.

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 (With Unstable Surface)

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

Target: 2 sets of 10-20 seconds



Circle Turns

While standing near a chair, table, or other sturdy object for support, begin to turn to the right. Complete a full circle, coming back to the starting position. Now, turn to the left and complete a full circle back to the starting position. Make sure to pause in case you get dizzy.

Target: 2-4 repetitions

