

Notes :

Fall Prevention

### 1 Unipodal stance, eyes open



**Reps: 3/side Hold: 20s**

Stand in front of a counter or wall if needed to maintain balance.

Lift one leg off the ground so as to stand on one leg without losing your balance.

Note: If you lose your balance, reset for the remaining time. Effort is key!

### 2 Weight shift (lateral)



**Reps: 5/leg Freq: 1x/day**

Stand with your legs apart and feet parallel. Transfer your weight from one leg to the other.

### 3 Sit to stand



**Reps: 10 Freq: 1x/day**

Sit on a chair that is sturdy.

Fold your arms across your chest.

With your feet slightly apart, lean forward, so your shoulders are over your feet and stand up fully.

Slowly return to sitting.

Note: Can use hands to push off chair if needed