



Perform 5-10 repetitions each

- 1) Backward shoulder rolls
- 2) Chest openers with hands behind head
- 3) Standing back extension
- 4) Seated rows
- 5) Seated trunk rotation (*pictured to left*)
- 6) Toe lifts and push offs (*no shoes*)
- 7) Standing hip extension
- 8) Side stepping
- 9) Backwards walking
- 10) Single leg balance with 2 hands, 1 hand, or no support. Hold for 10 sec each side.



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10 Exercises to Prevent Falls

Add these exercises to your daily routine to help stay steady on your feet. Want more tips? Watch our helpful videos on **YouTube**.

www.youtube.com/@physio2u476

For more information, call 778-846-7695 or visit www.Physio2U.ca

Tips for when you're at home

- 1) Use a lumbar roll for your back when sitting for long periods
- 2) Wear footwear with wide-toes, no heels and non-skid bottoms
- 3) Wear eyeglasses with progressive lenses
- 4) Install motion-sensor night lights in your bedroom and bathroom
- 5) Install grab bars in your bathtub or shower
- 6) Install handrails on each side where there are stairs
- 7) Use two-sided tape to keep the corners of rugs down, or get rid of rugs
- 8) Remove all clutter
- 9) Make surfaces nonslip (bathtubs, kitchen floors, bathroom floors, porches)
- 10) Get assessed by a Physio2U therapist!



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10 Tips for Preventing Falls

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