



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.



Scan Here!

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/@physio2uca

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!



Scan Here!

10 Tips for Preventing Falls

Stay steady on your feet with these tips. You can watch related exercises on our **YouTube channel**.

www.youtube.com/@physio2uca

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