

Exercise, strength and balance  
keep women from falling



....so keep moving!



## Strength and Balance Falls Prevention & Bone Health EXERCISE PROGRAMS

**One in three adults over the age of 65 will experience a fall this year, which can result in injury and even death.** Falls and hip fractures rates in all older people can be reduced by strength and balance retraining exercises, Mandy Hogan, from North East Physiotherapy, said today. "Check your own balance ability and try standing on one leg without wobbling for 30 seconds! You have an increased risk of falling if you are currently not able to do so."

Among the injuries, hip fracture will be the most common – especially for women – and can seriously affect a person's ability to remain independent.

We know that in women, balance starts to decline over the age of 40, placing them at greater risk of fall. And because older women can also be affected by conditions such as osteoporosis and osteoarthritis, their risk of sustaining a fracture injury from a fall is greater.

The good news is that exercise programs designed by physiotherapists can help improve strength, balance, endurance, fitness and bone density, all of which will help lessen the chance of falling. Studies confirm that physiotherapy exercise and balance training to reduce falls and injuries for older people can make a difference, and are recommended to help improve strength and balance.

Exercise and strengthening activities will also deliver greater benefit when tailored for an individual's capacity and lifestyle, and where a physiotherapist provides supervision and ongoing monitoring.

North East Physiotherapy is now providing –

**STRENGTH AND BALANCE**

–Falls Prevention & Bone Health specific exercise groups on a twice weekly basis, using the Clinical Pilates specialized spring loaded resistance equipment.



“Many older people may already be exercising, but they need to be sure their technique is correct and that they are getting therapeutic benefit from it. Walking sticks and frames also need to be correctly prescribed and fitted – not borrowed from other people,” Ms Hogan said.

And with growing evidence that an assessment of home hazards to minimise the risks can also reduce falls, it might be a good idea to invite a health professional home to check for risks such as poor lighting, slippery mats, dangling electrical cords and clutter.

Ph North East Physiotherapy  
on 03 57 221424 (Wangaratta),



for further information, and bookings for initial assessment.