

STEPPING OUT STRONG

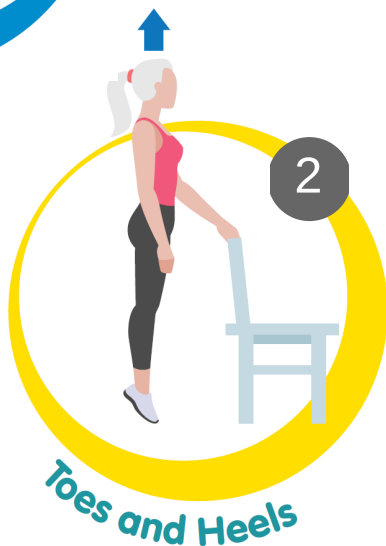


Movements for Fall Prevention



TO STRENGTHEN THE HIPS AND THIGH MUSCLES

- Feet hip-width apart, sit on edge of chair to prepare to stand.
- Feet in line with knees, hinge forward at hips, keep back straight and stand up.
- Begin to sit by hinging at hips, keep back straight reaching hips to chair.
- Lightly touch hips to chair and stand again. Repeat 8 times.



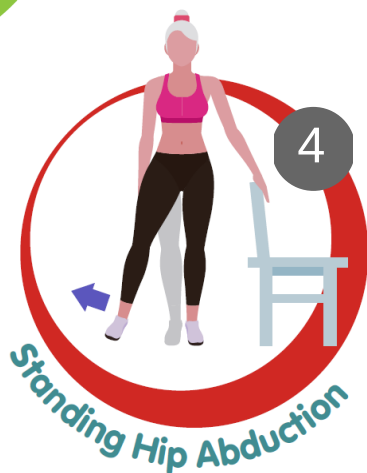
TO INCREASE ANKLE MOBILITY AND CALF STRENGTH

- Stand behind chair for support. Feet hip width apart, lift heels standing on balls of feet.
- Slowly lower heels to floor. Lift toes standing on heels.
- Lower toes to the floor and relax. Repeat 8 times.



TO INCREASE HIP STRENGTH AND BALANCE

- Stand with chair on right side for support.
- Standing tall, lift right leg with thigh parallel to the ground.
- Hold for 2 counts. Slowly lower leg and foot to floor. Repeat 8 times.
- Repeat with standing on left leg and raise right leg. Hold for 2 counts.



TO INCREASE HIP STRENGTH AND PROMOTE BALANCE

- Stand up straight with a chair for support. Shift body weight onto left leg and foot.
- Lift right leg off floor with knee straight and toes pointed forward. Hold for 2 counts.
- Slowly lower leg, lightly touch toes to floor and lift again. Repeat 8 times.
- Repeat with standing on left leg and raise right leg. Hold for 2 counts.