Fall prevention for individuals with moderate risk of falling - leg strength

Enhancing balance, mobility, and leg strength through exercise is crucial for preventing falls in older adults. Establish a secure workout environment by clearing floor obstacles and having accessible support. Exercising becomes more motivating with a workout partner.

This program is customized for individuals with a moderate risk of falling and adheres to global guidelines and recommendations for fall prevention in older adults (https://www.nice.org.uk/guidance/cg161, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9523684/)



1. Standing leg raise - backwards 45 degree

Stand behind a chair and support yourself on the back rest for safety. Shift your weight to one leg and lift the other leg backwards and to the side. Slowly return to the starting position.

Sets: 2 , Reps: 10



2. Standing Knee Lifts

Stand with a chair in front of you and place your hands on the backrest for support. Lift your knee up as far as you can. Lower it down again and repeat with your other leg.

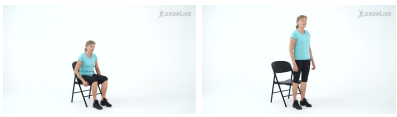
Sets: 2 , Reps: 10



3. Reverse lunge w/two handed support

Stand behind a chair, use the backrest as support. Take a long step backwards. When your body is in balance, lower your body straight down steadily, so your knee on your back leg touches the floor. Kick back with your front foot and return to starting position. Keep your upper body straight during the entire movement.

Sets: 2 , Reps: 10



4. Sit to Stand

Sit on a chair, support yourself on the seat with both hands, place your feet underneath the chair seat. Move your torso forward and stand up by pushing with your legs. Push away from the chair with your arms if neceessery.

Sets: 2 , Reps: 10



5. Senior: Squat w/ Support

Stand with a chair in front of you. Place your hands on the backrest for support. Bend your knees and lower yourself downwards keeping your back straight. Pretend that you are to sit down on a chair behind you. Move as deep as you can, but stop at 90 degrees knee flexion. Make sure your knees don't move anterior to your toes. Push back up to starting position.

Sets: 2 , Reps: 10



6. Senior: Static Heel Raise w/ Support

Stand with a chair in front of you. Lay your hands on the backrest of the chair for support. Lift your heels until your standing on your toes. Hold this position as long as you can. Try to control the movement when lowering your heel again.

Sets: 2 , Reps: 10

Show video