

Safety Precautions

Walking Aid

If your physiotherapist prescribed you a walking aid, you should:

- Ensure correct height. The height should be just above your wrist level as you stand.
- Ensure that rubber stopper is not worn away.
- Use in correct hand as instructed by your physiotherapist.



Footwear

- Avoid slip-on shoes because they can come loose easily and cause a trip hazard.
- Choose rubber soled footwear for outdoors.
- Choose footwear that is below the ankle joint and surrounds your foot to give stability.

Home Environment

- Ensure clear lighting in areas you will be walking, especially at night.
- Avoid wet areas like bathroom. A non-slip mat can help.
- Avoid household clutter like electric cables and clothes that can cause trip hazards.

Falls

- In Singapore, about 1/3 of people above the age of 60 have had repeated falls.
- Most of these falls happen at home, mostly in the bedroom and living room.
- Wet floors, loose cords, eyesight problems and poor balance can increase the risk of falling over.
- Besides bruises, your fall can also result in fractures especially if you have osteoporosis (brittle bones).

Consequences

- Pain
- Fractures
- Disability or reduced mobility may lead to loss of independence
- Reduced quality of life
- Financial difficulties with hospital stay
- Fear of falling
- Care-giver burden

If you or your relative has a history of falls, it is important to take note of the following information.

The exercises and advice provided can help to reduce the risk of further falls and its resulting injury, pain or disability.

○ Balance Exercises

- Practise the exercises beside a firm surface to hold in case you feel unsteady.
- You may use a stable chair or platform for support while you are practising the following exercises.



Tandem Stance

Stand with right toes touching left heel.

Stay for ___ seconds without losing your balance.

Repeat with left toes touching right heel.

Do ___ repetitions, ___ sets, ___ x/ day.



Single Leg Stance

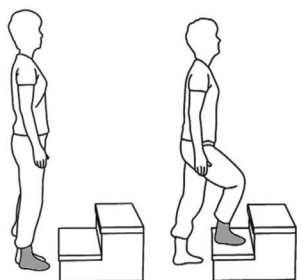
Stand with feet shoulder width apart.

Lift right leg up and balance on left leg.

Stay for ___ seconds without losing your balance.

Repeat with the other leg.

Do ___ repetitions, ___ sets, ___ x/ day.



Stepping

Stand at the bottom step of a staircase.

Place the right leg on the step and then return it to the starting position.

Then place the left leg on the step and then return it to the starting position.

Do ___ repetitions, ___ sets, ___ x/ day.

If necessary, hold on the handrail for support.

○ Strengthening Exercises

You may use a stable chair for support while you are practising the following exercises.



Sit to stand

Sit on a chair with your hands across your chest and keep your feet shoulder width apart.

Get up from sitting then slowly sit down.

Do ___ repetitions, ___ sets, ___ x/day.



Hip Abduction(Standing)

Stand with one hand on a chair for support.

Lift your leg sideways while keeping your trunk straight throughout the exercise.

Hold for ___ seconds and relax.

Do ___ repetitions, ___ sets, x/day.

Repeat on the other leg.



Heel Raises

Stand with/without hand support.

Raise up your heels and slowly lower yourself back down.

Hold for ___ seconds and relax.

Do ___ repetitions, ___ sets, ___ x/day.