

Are you at risk of falling ?

Do you

- Have a history of fall. (> once in the past year)
- Take more than 4 medications
- Have multiple medical condition
- Have weakness or feel fatigue easily
- Have any visual / hearing/sensory impairment
- Feel unsteady when you walk/sit



If you answered 'yes' to any of the questions above, you might be at risk of falls

You can protect yourself and your loved ones from potential falls by doing exercises recommended by your Physiotherapist

Turn overleaf for more information

Falls Recovery Technique

1



Call for help (with handphone) before moving

2



Bend opposite knee, reach out to opposite side and roll over

3



Bring elbows beneath shoulders

4



Bring knees towards chest and hands beneath shoulders

5



Hands beneath shoulders

6



Crawl to chair

7



Put hands on chair

8



Push up into a kneeling position

9



Bring up stronger leg and point knee to chair

10



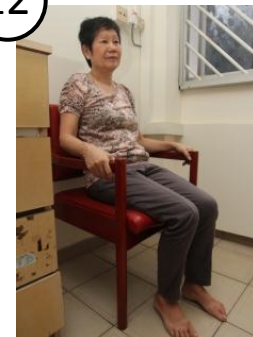
Push with your arms and legs

11



Turn around

12



Sit on chair

If you cannot get up from the floor, find a blanket and stay warm. Turn frequently to prevent sores until help arrives.