

# EXERCISE TRAINING IN HEALTH AND PREVENTION OF FALLS

**MAKRI CHRISTINA**

**Physiotherapist**

**OEP Leader (Otago Exercise Programme)**

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# PREVENTING FALLS IN OLDER PEOPLE

- Falls are common in people age 65 years and older and are the leading cause of injury in this age group. They can have serious consequences, including trauma, pain, impaired function, loss of confidence in carrying out everyday activities, loss of independence and autonomy.



# RISK FACTORS IN INSTABILITY

- Low blood pressure, medication
- Shoes
- Visual test
- Dizziness
- Defect of nutrition
- Reduction of exercises for strength and balance



# PRECAUTION OF INSTABILITY

- Safe environment (electricity equipment, toys on the floor, carpets)
- Light during the night (From/to lying ,to /from bathroom)
- Easy approach in every day facilities
- Avoid to climb to a tree or ladder



# BARRIERS IN OUTDOOR ENVIRONMENT





# BENEFITS OF EXERCISE (1/2)

- Improve bone density
- Improve and maintain muscular strength, balance to achieve stability and posture
- Higher cardiorespiratory fitness
- Improve mood of older people



# BENEFITS OF EXERCISE (2/2)

- Improve skill and control of movement
- Enhance enjoyment and motivation
- Improve confidence and independence
- Avoid falls and hospital stays



# EVERY DAY ACTIVITIES (1/2)

- Park the car and walk
- Take off the buss one stop ahead or behind
- Take the stairs if possible
- Do the housework along





# EVERY DAY ACTIVITIES(2/2)

- Take a walk before noon
- Keep walking while answering the phone
- Visit relatives instead phone
- Do gardening themselves



MOTIVATION :STAY STONG STAY STEADY  
IT'S NEVER TO LATE TO START



# HOW WE CAN ACHIVE

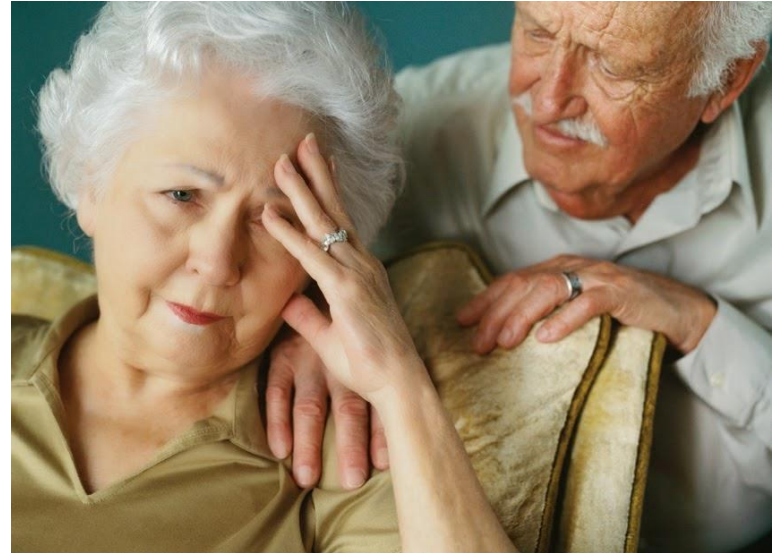
- Participate in a programme with safe, easy and effective exercise for them to improve assist and dynamic balance, strenght and stability from capable trainers of older people.



FULL OF LIFE



OR NOT ?



# OTAGO EXERCISE (1/4)

## EASY MARCHING

- The purpose of this activity is to boost their circulation and make them feel a little warmer.
- March continuously but gently until they feel a little warmer.
- Begin with their legs only, then combine the legs with one arm and finally combine the legs with arms marching.





# OTAGO EXERCISE (2/4)

## **CALF RAISES-HOLD SUPPORT**

- Stand up tall facing the chair
- Hold on and look ahead
- The feet are shoulder-width apart
- Come up onto your toes
- Lower the heels to the ground
- Repeat this exercise 20 times



# OTAGO EXERCISE (3/4)

## SIT TO STAND

- Sit on a chair which is not too low
- Place the feet behind the knees
- Lean forwards over the knees
- Push off with both hands to stand up
- Repeat 10 times
- You could do this exercise while you watch T.V.



# OTAGO EXERCISE (4/4)

## ONE LEG STAND-HOLD SUPPORT

- Stand up tall beside the chair
- Hold on and look ahead
- Stand on one leg
- Try to hold this position for 10 seconds
- Stand on the other leg
- Try to hold this position for 10 seconds



**WE MUSTN'T LOOK THE TIME WHO HAVE  
BEHIND BUT THE ONE WHO HAVE  
AHEAD!!!**

