

Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

Balance: Advanced

Improving your balance will reduce your risk of falls and fractures, which will allow you to continue to walk and live independently.

Remember, always put safety first when your balance needs improving.

When walking, if needed, use a walker, cane, or walking sticks. As you improve, hover your hand over the counter or hover your walking stick above the ground for support if you need it. As with any exercise program that involves strengthening and conditioning, start slowly and build gradually, gently increasing the time you spend on an activity to avoid overuse.

At least once a week, walk on a beach. Start with five minutes.

At least once a week, walk on a trail, ideally one with some hills, roots, and rocks. Start with a five-minute walk.

Stand on one foot while doing laundry.

Stand up to put on your socks and shoes.

Stand on one foot while working in the bathroom/kitchen.

Do standing mini squat or clock exercises when brushing your teeth.

Walk backward on your heels down a hallway several times a day.

Dance -- with a partner, in round dancing, square dancing, line dancing, or belly dancing. Just put on music you enjoy and dance by yourself.

Practice Tai Qi (Chi) or Qi Gong.

With a therapy/exercise ball:

- Sit on the ball, tighten your pelvic floor/inner core,
- and roll your hips in a circle. Change directions.
- Lie on your back over the ball, keep your knees bent and practice picking up first one foot, then the other.
- Lie on your back on the floor with the ball under your feet and knees bent. Practice picking up one foot, then the other.