

# STEPS TO SAFETY™

PREVENT FIRE & FALLS AT HOME

## P L A N T

Balance, Strength and Mobility Exercises to Help Prevent Falls



### Modified Exercises

PLANT designed by Dr. Cathy Arnold, School of Rehabilitation Science, University of Saskatchewan, used with permission for Steps to Safety program, Saskatoon Fire Department.

## RULE OF 5 *5 exercises 5 times a day for 5 days a week.*

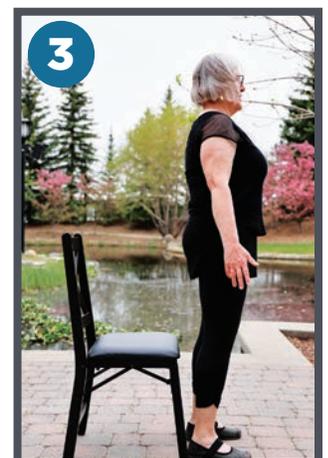
### POSTURE

- Sit tall in a sturdy chair
- Reach top of head to the ceiling
- Slightly tuck in chin
- Squeeze shoulder blades together
- Hold tummy tight



### LEG STRENGTH

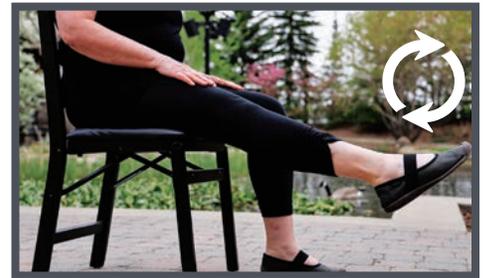
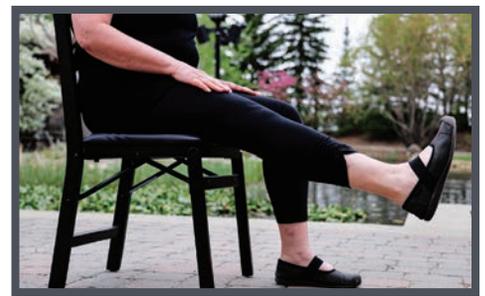
- Sit so front of chair is mid thigh
- Lean forward to line up nose, knees, and toes
- Stand up, use arm rests if needed
- Breathe
- Reverse steps to sit down



**TIP!**  
Use a sturdy chair without wheels.

## ANKLE MOBILITY & STRENGTH

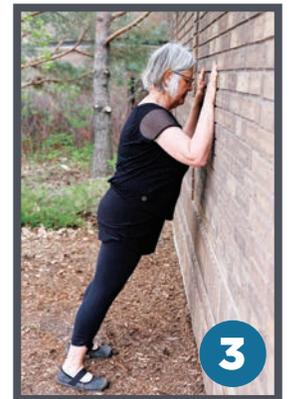
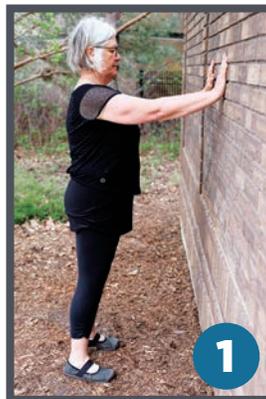
- Sit in a sturdy chair without wheels
- Straighten one knee
- Flex and point foot
- Rotate ankle in a circular motion
- Relax leg, then repeat on the other leg



## NUCLEUS/CORE & ARM STRENGTH

- Stand with straight arms placing hands on a wall
- Bend elbows and bring nose to wall
- Push back to a standing position

**TIP!**  
Keep elbows tucked in.



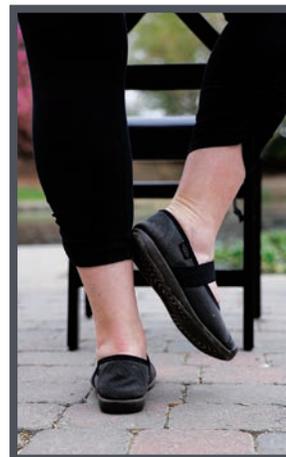
## TREE & TANDEM BALANCE

- Rest hands on a sturdy surface

TREE – shift weight to one foot, focus eyes ahead on a set point, breathe hold for 5-10 seconds, switch feet and repeat, keep sturdy surface within reach

OR

TANDEM – place heel of one foot beside toe on other foot, hold for 5-10 seconds, repeat with other foot in front



Tree



Tandem