

STEPS TO SAFETY™

PREVENT FIRE & FALLS AT HOME

P L A N T

Balance, Strength and Mobility Exercises to Help Prevent Falls



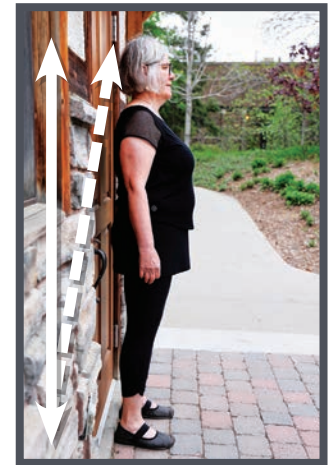
Challenge Difficulty

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.*

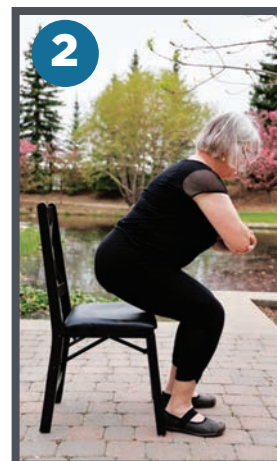
POSTURE

- Stand tall against a wall
- Reach top of head to the ceiling
- Slightly tuck in chin
- Squeeze shoulder blades together
- Hold tummy tight
- Finally, slowly shift weight forward and back



LEG STRENGTH

- Sit so front of chair is mid thigh, cross arms throughout exercise
- Lean forward to line up nose, knees, and toes
- Stand up tall
- Breathe
- Reverse steps to sit down
- Go slow and pause before sitting down



TIP!
Use a sturdy chair without wheels.

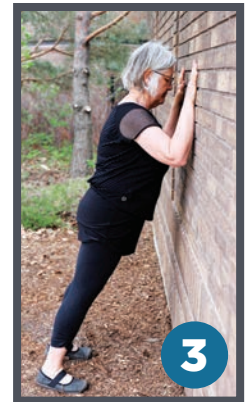
ANKLE MOBILITY & STRENGTH

- Lightly hold a sturdy surface like a counter
- Rise up onto balls of feet
- Slowly lower heels back to the ground and lift toes



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
- Speed up for balance, slow down for strength
- Slowly move farther away from the wall to increase the challenge



TIP!
Keep elbows tucked in.

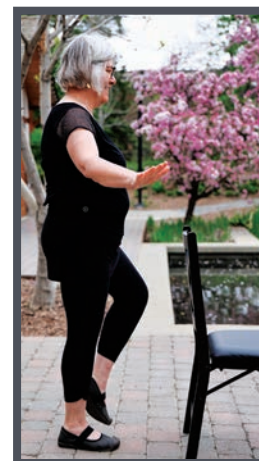
TREE & TANDEM BALANCE

- Lightly rest hands on a sturdy surface, the less support the more effective the exercise

TREE – shift weight to one foot, focus eyes ahead on a set point, and breathe, hold for 10-60 seconds, switch feet and repeat

OR

TANDEM – place heel touching toe of other foot, hold for 10-60 seconds, repeat with other foot in front



Tree



Tandem