

HOW DO I IMPROVE MY BALANCE?

1. Move more!!!
Fear of falling leads to inactivity, which leads to a decline in balance.
People have improved their balance even at age 101 years old!
2. Be proactive about changing your habits:
Do activities known to improve your balance, like Tai Chi, weight training or walking.
Take a class specifically designed to improve your balance
Ask a therapist to meet with you, or you and your friends for a class in at your home
3. Adapt the ways you do your daily tasks so you are safer.
4. Make your environment safer by removing obstacles and adding helpful adaptations that compensate for unsteadiness or low vision.
5. Take care of your other health issues while improving your balance:
 - Cardiac Limitations: Look for programs with gentle weight training that teach you to monitor your symptoms. Learn to conserve energy.
 - Arthritis: Look for programs that minimize use of weights, encourage gentle flexibility and help you monitor your pain and symptoms. Classes through the Arthritis Association help you modify your tasks and environment.
 - Osteoporosis: Look for programs with minimal twisting, leaning or jumping/bouncing. Learn how to avoid these activities and moves in your daily life such as when you are putting on shoes or gardening.
 - Falls: Look for an exercise program that helps you identify the potential causes of falls, how to get up from the floor and how not to fall. You want to work on strength, flexibility and reaction time.
 - Medications: Review them with your doctor, take them appropriately

Please call us if you have questions or would like more resources and ideas.
Take care, pay attention to what your body is telling you, and keep moving!!

The therapist from Therapy In Your Home – OT, PT, ST
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