

# HINDMARSH AND FITZROY PHYSIOTHERAPY

281 Port Rd Hindmarsh  
Ph 8346 2000  
40 Prospect Rd Prospect  
Ph 8342 2233

## HOW TO BE TOO FIT TO FALL

### STRENGTH TRAINING AT LEAST 2 DAYS/WEEK

- ▶ Exercises for legs, arms, chest, shoulders, back
- ▶ Use body weight against gravity, bands, or weights
- ▶ 8 - 12 repetitions per exercise



### BALANCE EXERCISES EVERY DAY

- ▶ Tai Chi, dancing, walking on your toes or heels
- ▶ Have a sturdy chair, counter, or wall nearby, and try (from easier to harder): shift weight from heels to toes while standing; stand heel to toe; stand on one foot; walk on a pretend line



## HOW TO BE TOO FIT TO FALL

### POSTURE AWARENESS EVERY DAY

- ▶ Gently tuck your chin in and draw your chest up slightly
- ▶ Imagine your collarbones are wings - spread your wings slightly without pulling your shoulders back



### AEROBIC PHYSICAL ACTIVITY AT LEAST 150 MINS/WEEK

- ▶ Bouts of 10 mins or more, moderate to vigorous intensity
- ▶ You should feel like your heart is beating faster and you are breathing harder
- ▶ You might be able to talk while doing it, but not sing

### WHAT ARE SPINE SPARING STRATEGIES?

Spine sparing strategies help “spare” the spine from injury. Injuries to the spine can occur when we bend forward or twist the spine quickly or repeatedly, or if we lift something heavy, bend far forward (e.g., tying shoes) or twist the torso all the way to the side. Bending or twisting while holding a weighted object (e.g., groceries, grandchild) is also risky.

Spine sparing strategies:

- ▶ Bend with your hips and knees, not your spine
- ▶ Turn your whole body rather than twisting your spine



# HINDMARSH AND FITZROY PHYSIOTHERAPY

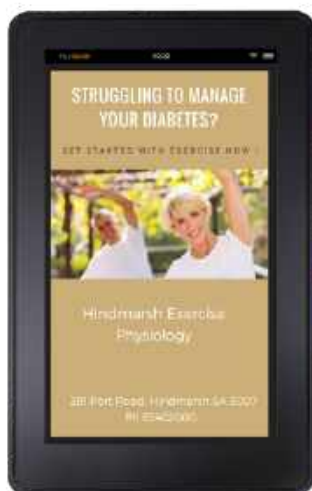
281 Port Rd Hindmarsh  
Ph 8346 2000  
40 Prospect Rd Prospect  
Ph 8342 2233

At Hindmarsh and Fitzroy Physio we are committed to supporting you and your families' physiotherapy needs. More info on preventing falls [HERE](#) and how to [CHECK YOUR BALANCE](#)

Please reach out to our team if there is anything we can do.

*As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You are welcome to download these informative E-books that you may find useful to get you on your way.*

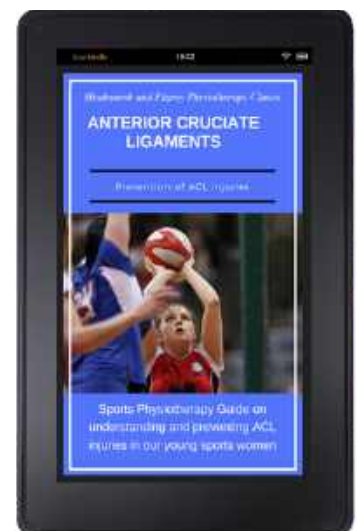
## OTHER RESOURCES



### STARTING EXERCISE



### MANAGING BACK PAIN



### ACL INJURY GUIDE

To access our free E-book Resource just click the images above

You can call us on 83462000 at Hindmarsh and 83422233 for Fitzroy, Prospect or **CONTACT US ONLINE HERE** if you would like an appointment

*We are passionate about providing our patients and community with information on prevention and management of many conditions. This PDF is not intended as a substitute for medical advice or treatment and should not be interpreted as such. Always seek advice from a qualified medical professional and use of this information is at your own risk*