

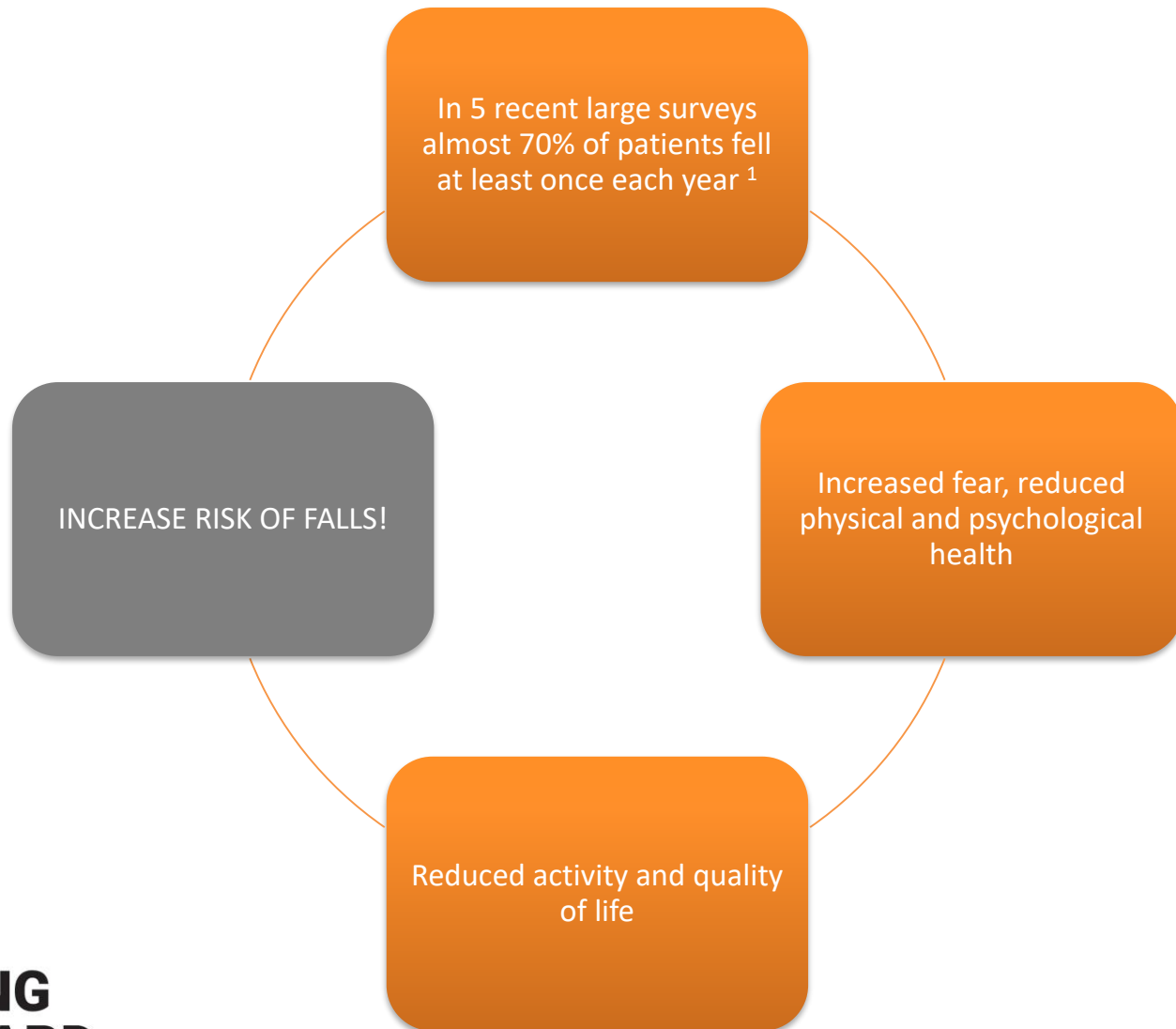
## **Upright and Walking Light!**

*Falls prevention through Functional Exercise*

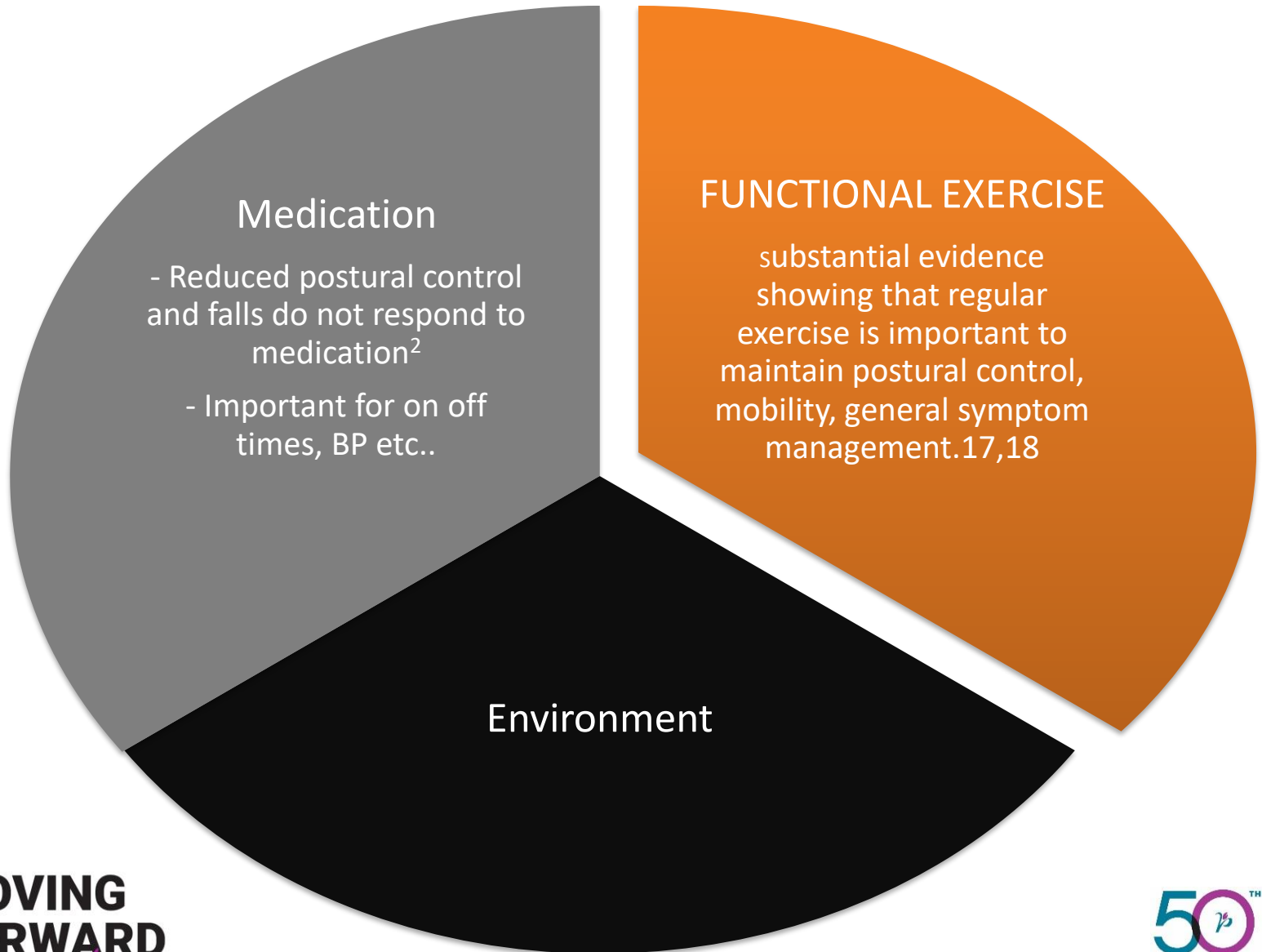
# LEARNING OBJECTIVES

- Participants will leave with an understanding of how to evaluate the cause/category of potential/past falls
- Participants will learn practical tools to help jump start their falls prevention program and reduce the fear of falling.
- Participants will leave feeling informed on the benefits of exercise for falls prevention
- Participants will leave motivated to begin or continue a challenging functional exercise program!

# THE FALLS CONUNDRUM



# THE FALLS CONUNDRUM - WHAT DO WE DO?



# NOT FALLING YET?

- Great! Don't wait until you are!
- Prevention is key!

# FALLS PORTFOLIO

## HOW

Backwards

Orthostatic  
Hypotension

Freezing of gait

Foot catch/  
Dystonia

## WHEN

Medication  
management

Planning - when  
are you doing  
what in your day

Fatigue

DUAL TASKING

## WHERE

- Indoors  
cats, carpets,  
couches ,corners
- Outdoors  
groups, gait aids,  
gradients

# FALLS PORTFOLIO - HOW

## HOW

Backwards

Orthostatic Hypotension

Freezing of gait

Foot catch/ Dystonia

# HOW – 1. BACKWARDS FALLING

- “retropulsion”
- Exercise based treatment
  - Foot to floor connection
  - Backwards responsive stepping
  - Ankle strategy
  - Backwards rolling
  - Dynamic stepping exercises! Ladder, Multidirectional Lunges,



## HOW – 2. ORTHOSTATIC HYPOTENSION

- Blood pressure drop
- Head down to up, sit to stand, lie to stand
- Ankle pumps
- HYDRATION
- 5 second countdown
- Dynamic exercise separating levels – Lying, kneeling, standing

# HOW - 3. FREEZING OF GAIT

- 4S's
- HIGH KNEES!
- Rhythm & Music
- Practice practice practice + pre-emptive preparation

## 4. FOOT CATCH/ DYSTONIA

- Hurdle training
- Dorsiflexors assessment and treatment

# FALLS PORTFOLIO - WHEN

## WHEN

Medication management

Planning - when are you doing what in your day

Fatigue

Dual Tasking



NEUROFIT BC

# WHEN: DUAL TASKING!

- PD patients require more cognitive focus for motor tasks, this puts you at risk when trying to dual task
- TRAIN THAT BRAIN!
  - Squats with animals
  - Walking and talking – maintain rhythm
  - Lateral steps + multidirectional reaches (grabbing a cup dishes etc..)

# FALLS PORTFOLIO - WHERE

## WHERE

- Indoors  
cats, carpets, couches ,corners
- Outdoors  
groups, gait aids, gradients

# BUSY SPACES – TRAIN IT!



# FEAR OF FALLING

- Fear of falling leads to reduction in activity and increased RISK OF FALLS!
- Learn how to fall with confidence! Do the exercises discussed previously, contact a PT if you want to learn proper falling technique
- VIDEOS.







# TAKE HOMES

- Get assessed! Specific Exercise and Physiotherapy CAN help
- Determine your FALLS PORTFOLIO
- Functional exercise is KEY for prevention and management!
- The earlier you start the better so lets get going!

# TAKE HOMES/FINAL THOUGHTS

- Get assessed! It can help reduce falls now and in the future!
- Functional exercise is key
- Determine your falls portfolio
- START NOW!

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**Free Resources:** [www.neurofitbc.com/move](http://www.neurofitbc.com/move)



# REFERENCES

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