Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Rehabilitation Services - Physiotherapy

Falls Prevention Exercises

Always perform these exercises near a sturdy support such as a wall or stable chair.
Stop immediately if you feel dizzy or unsteady and sit down safely.



Sit to Stand

Sit on a firm chair with your hands across your chest and feet shoulder width apart.

Get up from sitting then slowly sit down.

Perform ____repetitions, ____sets, ____x/day.



Step Ups

Step onto the board with your left/right leg.

Step off the board with your left/right leg first, followed by the other leg.

Perform ____repetitions, ____sets, ____x/day.



Hip Abduction (side leg lift)

Stand with one hand on a chair for support.

Lift your leg sideways while keeping your trunk straight throughout the exercise.

Hold for _____secs.

Perform ____repetitions, ____sets, ____x/day.

Repeat on the other leg.



Heel Raises

Stand with both hands lightly resting on a chair for support, or without support if able.

Raise up your heels and slowly lower yourself back down.

Perform ____repetitions, ____sets, _____x/day.



Tandem Stance (heel-to-toe standing)

Stand with right toes touching left heel.

Stay for ____seconds without losing your balance.

Perform ____repetitions, ____sets,____x/day.

Repeat with left toes touching right heel.



Weight Shift: Heel Lifts

Shift your weight onto your toes.

Then shift your weight back onto your feet.

Perform the movement slowly, maintaining your balance.

Perform ____repetitions, ____sets, ____x/day.

If necessary, touch the wall for support.



Weight Shift: Toe Lifts

Shift your weight onto your heels.

Then shift your weight back onto your feet.

Perform the movement slowly, maintaining your balance.

Perform ____repetitions, ____sets, ____x/day.

If necessary, touch the wall for support.



Stepping

Stand at the bottom of a staircase.

Place the right leg on the step and then return it to the starting position.

Then place the left leg on the step and then return it to the starting position.

Perform _repetitions, _____sets, _____x/day.

If necessary, touch the handrail for support



Single Leg Stance

Stand with feet shoulder width apart.

Lift right leg up and balance on left leg.

Stay for ____seconds without losing your balance.

If necessary, touch the wall for support

Perform ____repetitions, ____sets, ____x/day.

Repeat with the other leg.

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