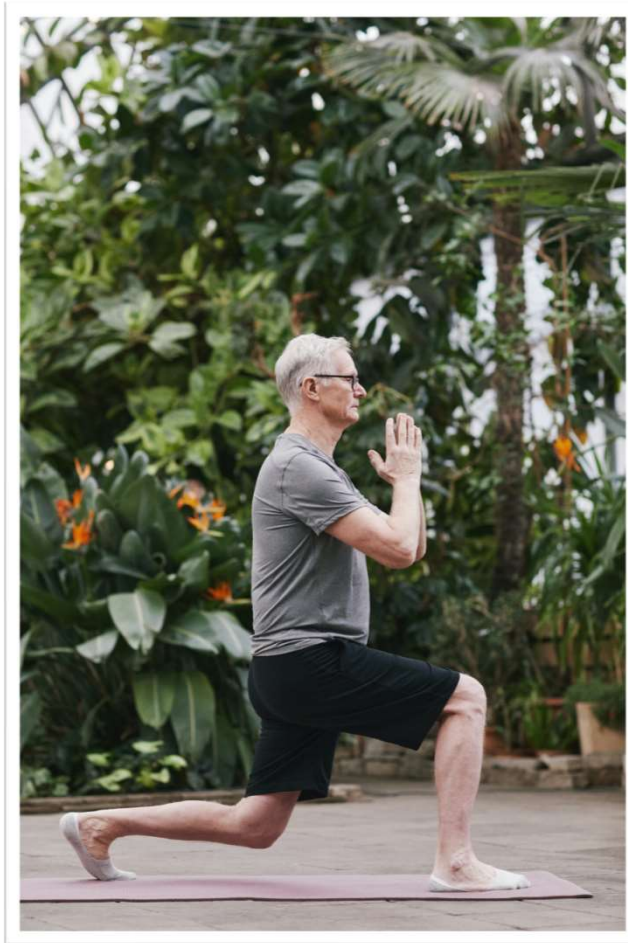




Fall Prevention & Feet: How Can Exercise Help?

BY: CRISTIANE B. CRUZ, R.KIN, MPK



**Many Of
Us
Practice
Our
Balance...**



**But Have
You Thought
About How
Your Feet
Help?**

4 Areas To Explore

Not all exercises are suitable for everyone and this or any other exercise program may result in injury. PLEASE ALWAYS consult your DOCTOR before beginning this or any other exercise program, especially if you have any chronic or recurring condition.



Range Of Motion



Strength

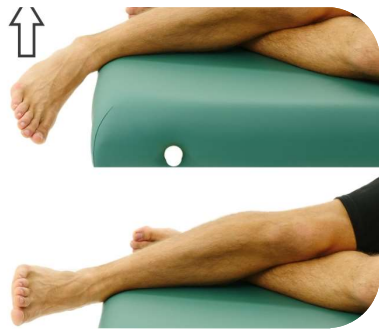


Base Of Support



Unstable Surfaces

Ankle/Foot Range Of Motion



Eversion



Inversion



Circles



Heel/Toe
Raises

Toe Range Of Motion



Toe Curls



Toe Spreading

Ankle Strengthening



Gas Pedal



Toe Raises



Eversion



Inversion

Base Of Support



Heel Toe
Raise



Tandem



Fall Forward
Recovery



Fall Back
Recovery



Side Fall
Recovery

For Balance Exercises, Ensure You Have Balance Support, Such As A Chair Or Counter

Unstable Surfaces



Cushion



Cone



Ball

For Balance Exercises, Ensure You Have Balance Support, Such As A Chair Or Counter



You'd Be Surprised What You Can Achieve With Practice!