



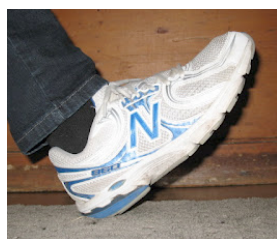
Stay on your feet - Be aware of your feet!

Falling can be a big issue as we age. If we want to stay on our feet there are a number of things we can do. We can:

- Exercise to improve our muscle strength
- Check our eyesight and glasses regularly
http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/falls_and_eyesight.pdf
- Review our medication with our doctors to ensure the drugs you're on don't contribute to falls
- Remove trip hazards like loose mats
- Install night lights and grab rails in your bathroom and by stairs
- Ensure shoes and slippers fit well
http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/footwear_matters.pdf
- Place frequently used objects within easy reach.
- Know how to get up from the floor
http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/getting_yourself_up_from_the_floor_.pdf

These are just a few things, there are many more. For instance being aware of how you walk and step.

Like all things, as we age, we can forget to lift our toes while walking, which may cause us to trip more easily. Follow the instructions below and improve your step and reduce the likelihood of tripping.



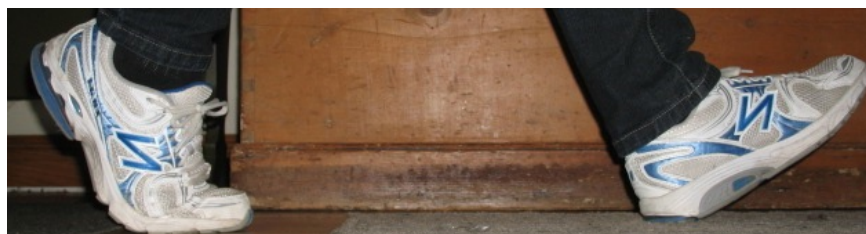
1 Heel strike



2 Roll Foot



3 Push off with toe



4 Put it all together

The ankle/foot movements we do in class help to strengthen the toe – lifting muscles.

You can work these muscles all day. It's simple! Just exaggerate your normal walking pattern - **Heel/Toe**

Say 'heel toe' to yourself

- if the footpath is rough
- when you feel rushed/unsure
- when you go from room to room **and** from street to street
- **everywhere** you go!

Compiled for you by the Physios at Therapy Professionals Ltd

Get the rhythm! Don't trip!
MAKE IT A HABIT