

Falls Prevention Awareness Week 2015

HCR
c a r e s

Collaboration + Activities
Research + Education + Socialization

www.HCRhealth.com/about/hcr-cares

Did You Know?

- Most falls **can** be prevented!
- 1 in 3 adults age 65 and older fall every year.
- Falling is **not** a normal part of aging.
- Falls threaten independence and quality of life.



HCR
Home Care

Are you concerned about falling?

Contact your doctor and request a Physical Therapy Consult from HCR.

With over 35 years of experience providing trusted care, HCR is proud to serve patients across Upstate New York.

800-270-4904

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You CAN Reduce Your Risk of Falling!

- Begin a regular **exercise** program. Check with your doctor or physical therapist first if you haven't exercised in a while. Any activity beyond rest is good, and physical therapy can help get you started.
- Have your health care provider or pharmacist review your **medicines** and supplements at every visit for medications that affect balance.
- Have your **vision** checked annually. Good vision is the key to safety; it allows you to see obstacles, curbs, and trip hazards.
- Make your **home** safer. Clutter, poor lighting, and throw rugs can all increase your fall risk. Grab bars can help in your bathroom.

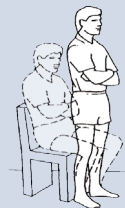
Tips from the Centers for Disease Control

Two Exercises You Can Start Today to Minimize Your Risk

Before beginning any exercise program, consult your doctor or your physical therapist.

Exercise #1: Sit to Stand

Targets thighs and buttocks. Do three times each week.



1. Sit in a straight-backed chair with your feet shoulder-width apart. **SLOWLY** rise up to a standing position. Use your hands for support, if necessary.
2. Pause. **SLOWLY**, bend your knees and lower yourself into the chair. If you can't sit down, or if you feel pain or discomfort, place a cushion on the chair or squat down only four to six inches.
3. Repeat 10 times. Rest one minute. Do 10 more. Too difficult? Start with fewer and build up to 10.

Exercise #2: Side Hip Raise

Targets hip and thigh muscles. Do three times each week.



1. Stand next to a sturdy chair with feet slightly apart and toes facing forward. Keep your legs straight. Place one hand on the back of the chair for support. As you become stronger, hold on to the chair with only one finger.
2. **SLOWLY** lift your left leg to the side. Keep your leg straight. Only a little movement is necessary.
3. Pause. **SLOWLY** lower your foot back to the ground.
4. Repeat 10 times, then 10 times with your right leg. Rest for one minute. Do another 10 repetitions with each leg.

UNSCRAMBLE YOUR FALL RISK

SIIVNO VISION SSKIR RISKS
 TTRELCU CLUTTER LSLFA FALLS
 IAWNGLK WALKING MEHO HOME
 CIESEXRE EXERCISE STLGIH LIGHTS
 OOWTFEAR FOOTWEAR GSRNTO STRONG

For the solutions to the scramble and word search, visit www.hcrhealth.com/about/hcr-cares today!

WORD SEARCH

E	C	S	E	R	A	C	R	C	H	N	I
S	B	E	S	T	M	E	A	D	A	O	H
S	A	V	I	S	I	O	N	C	L	I	R
E	L	L	C	E	L	A	L	R	S	T	A
N	A	Y	R	S	T	S	Y	L	N	N	I
E	N	C	E	S	A	K	L	A	W	E	L
R	C	O	X	F	A	A	I	D	E	V	I
A	E	O	E	X	F	O	H	O	M	E	N
W	N	T	R	C	L	U	T	T	E	R	G
A	Y	N	T	H	G	I	L	S	M	P	S

HCR Cares
prevention
balance
railings
awareness
exercise
stand

vision
clutter
falls
safety
walk
light
home



National Falls Prevention Awareness Week begins Wednesday, September 23, 2015.

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