Session Two

1. Review today’s agenda.
2. Pros and cons of regular exercise.
4. Goal setting for mobility.
5. Exercise practice.

Break

6. Moving about safely.
7. Fall stories.
8. Homework.

As your strength and balance improve, walks will be easier.
Walking Stick Safety

General principles for using a walking stick safely:

- Your walking stick should be adjusted for your height. The hand grip should be level with your wrist when your arm is at your side.

- Use your walking stick in the opposite hand to your affected or weaker leg. Bring it forward with your weaker leg.

- Renew the rubber stopper when it is worn. Have a look at the end of your walking stick now.

- Apply luminous tape for others to see when dim or dark.

Remember:

- Walk with your legs a little wider apart to make ramps and slopes easier.

- On the stairs or gutter:
  - Step up first with your stronger leg.
  - Step down with your weaker leg.
Getting Up After a Fall

Don’t panic and take your time

1. Bend up both your knees.
2. Roll onto one side.
3. Push up onto one elbow.
4. Move into a kneeling position on hands and knees.
5. Stop and get your balance.
6. Crawl to a phone on a low table or to a chair.
7. Using both hands, pull your self up.
Moving About Safely

Goal Setting

I am interested in (✓ tick which ones):

☐ Crossing a road
☐ Climbing a gutter
☐ Walking up a slope
☐ Different surfaces
☐ Walking outside
☐ Shopping
☐ Catch bus or train
☐ Walking around house
☐ Around the garden
☐ What else? ______________________

Better balance and stronger leg muscles will protect against falls.