

The Road Ahead

PT with Patty Balance and Falling Event

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Prevention of Falls-Some Practical Suggestions

From Department of Rehabilitation, Physical Therapy, The Medical Centers at University of California, San Francisco

Getting out of Bed:

Lie on your back with both knees bent and feet flat.

Roll onto your side towards the direction you will get out of bed.

Bring your legs forward over the edge of the bed and lower them as you push your body up with your arms.

Getting from Sitting to Standing:

Scoot to the edge of the bed/chair.

Place the stronger leg slightly in back of the weaker leg.

Place hands on armrests or on the edge of the bed.

Lean trunk forward and press down on arms to stand up.

If it is a very deep chair, slide to the edge of the chair before attempting to stand up.

If sitting in a recliner, bring chair to the fully upright position.

If your chairs are low, add pillows to raise the seat level.

Stairs:

Always turn on the stairwell light. Have 2 rails installed where possible.

Going up:

Go up with the stronger leg first, then bring the weaker leg up onto the same step, then the cane (if you use one).

Going down:

Go down with the weaker leg first, then lower the strong leg onto the same step. If you use a cane, it should go down first.

Use a handrail when available.

Follow these guidelines when getting on or off a bus or streetcar as well.

Hills:

Going up:

Lead with the stronger leg. “Good go to heaven”

Going down:

Lead with the weaker leg. “Bad go to hell”

Attempt going sideways if the hill is steep.

Walk downhill in a diagonal manner similar to switchbacks.

Getting up from the Floor:

Get into a kneeling position. Bring one foot in front to a half-kneeling position; then rise to a standing position. You may need to push down on a sturdy object, e.g. a chair, that is beside or in front of you to stand up.

Assistive Devices:

Cane:

With cane tip four inches in front and four inches to the side, the cane should come up to your hip joint. The cane may need to be shorter for your elbow to be bent about twenty degrees.

When using a cane, always hold it in the opposite hand than your weaker side.

May want to use a fanny pack or back pack to carry items close to your center of gravity.

Walker:

Adjust as with the cane (see above).

Place walker firmly on ground with all four legs in contact with the floor.

Keep walker within comfortable arms distance with elbows slightly bent. Stand tall and avoid walking bent over. Gaze ahead to where you are going as opposed to straight down.

Use a “walker bag” to carry your objects.