

# Patty's PT Tips

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## Maintaining Balance-General Suggestions

(Originally presented January 26, 2022)

### Do

1. Stretch and move as often as possible. When watching television stand up, move your hips during commercials. This will keep you more flexible.
2. Make sure your house is well lit
3. Focus on a far object when you walk (this will help your visual balance)
4. Lean into forces. For example, if the wind is blowing, lean into it (this will give your balance an advantage).
5. Do exercise daily, and be patient. You may not see results for 3 months.
6. Keep well hydrated.
7. Take your medications regularly and on schedule.
8. Be honest with your doctor, physical or occupational therapist if you have fallen or had a near miss. Many underlying causes of falls can be treated or corrected.
9. Take advantage of technology: Life Alert type pendant or wrist device, keeping a cell phone with you, utilize a system like Alexa or old school referee whistle around your neck.
10. Remove household trip hazards-cords, throw rugs, clutter

### Don't

1. Do not get up too quickly (getting up can cause dizziness).
2. Do not go out into bright sunlight from a dark area without sunglasses (glare can affect your balance).

3. Do not push yourself if you feel tired. Pushing yourself when you are tired or are feeling cognitively “off” can overexert your system and cause you to fall. Pushing up to your physical limits can be done in an exercise regimen where you know you can safely take rest breaks.
4. Do not put yourself in “tricky” situations without a backup plan for support, i.e. an able bodied person nearby when you try something new or challenging. No one ever gets a medal for doing something dumb.