

Patty's PT Tips

Patty's PT Tips

November 2, 2022

Hip Strength and Balance-Teamwork!

How do these elements work together?

If hip girdle musculature work together with trunk core muscle strength, balance becomes much easier to achieve. This includes sitting and standing balance as well as the necessary strength for transitional (transfer) movements.

- Do you use your hands to get out of a chair?
- Do you worry about too many “close calls”?
- Do you have vision changes?
- Do you have arthritic joints that trigger sudden pain?
- Do you take 4 or more prescription meds?
- How many falls have you experienced in the past year?

Interventions:

- Try to perform some balance activities every day.
- Look for opportunities to make a usual daily activity into a balance drill.
- When you focus on more than one task-i.e. brushing your teeth with your feet close together in sitting or standing you are challenging your balance in a novel way.
- Practice balance when sitting on the edge of your chair or standing by closing your eyes

Balance and strength always work together. Focusing on strengthening muscles will improve balance. Focusing on balance activities will improve strength and endurance overall.

Prompts for working on balance activities:

- Create a ritual-eg. Brushing teeth, getting off toilet
- Use post-it notes in ever changing places to add an element of surprise
- Send yourself an email
- Tie the activity to a meal time-just before you eat
- Pick a spot in the house where you will practice a technique
- ????

Practice Session:

- Warm up breathing
- Warm up neck and trunk rotation
- Feet together in sitting or standing-pick your appropriate posture for work out
- Feet together sitting or standing eyes open or closed
- Feet together sitting or standing turning head slowly to left and then right