

Proper Footwear and Exercises for Fall Prevention

Footwear Characteristics



1. Proper Fitting Shoe
2. Low to no heel for increased stability
3. Slip-resistant soles with treading
4. Ideally, closed-toe shoes but if open-toed a shoe with a heel strap



Exercises to aide in fall prevention

Sit to Stand

1. Seated with feet shoulder width apart
2. Use legs to stand up, push with arms if needed
3. Slowly lower yourself to starting position & repeat



Heel-Toe Walk

1. Stand in open space where you have no obstructions in walkway
2. Take a step forward aligning your heel to your opposite foot's toe
3. Continue taking alternating steps in alignment

Standing Marches

1. Stand with feet shoulder width apart
2. Raise one leg with knee bent until thigh is parallel to the floor
3. Slowly return foot flat to floor and repeat while alternating legs



Wearing shoes will increase stability and balance & exercise will give you the strength to prevent falls!

