

3 Cool-down Exercises

Please refer to the warm-up exercises for guidance.



Consistent training is essential to maintain the fall prevention benefits of exercise.

The above exercises can strengthen bones, improve muscle strength, enhance balance, and build up confidence, however, you should also pay attention to the following environmental factors to prevent falls:

1. Ensure adequate lighting indoors. Keep the floor clean and dry.
2. Wear appropriate eyeglasses.
3. Tidy up clutter, especially long wires, to prevent tripping.
4. Wear well-fitting clothing and slip-resistant shoes; loose clothing may increase the risk of tripping.
5. Tie shoelaces tightly before going out. Wear shoes with proper arch support to increase ankle stability.
6. If feeling dizzy after taking medication, consult a doctor.
7. Install sturdy handrails and place non-slippery mats in bathrooms and toilets.
8. Elderly people with poor balance should wear hip protector pads or pants to reduce the risk of hip fractures due to falls.

Fall Prevention Exercise Class for Elderly

(designed by physiotherapist and guided by physical fitness trainer)

- (1) 12 weekly 1-hour lessons
- (2) Classes are held at the Center
- (3) Limited to 10 participants per class
- (4) Each participant will receive a training handbook

Fee: HK\$1,200



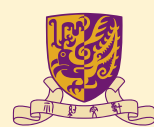
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Osteoporosis Awareness Series:

Exercises for Falls and Fractures Prevention



Purpose of exercising: To prevent falls and reduce the risk of bone fractures

1. Maintain bone health 👍 to reduce the risk of fractures
2. Strengthen muscles 👍 to improve strength and flexibility
3. Improve balance 👍 to prevent falls
4. Build up confidence 👍 and improve quality of life

Please pay attention to the following situations prior to exercising:

1. You should consult a doctor or a physiotherapist before exercising if you have **long-term illnesses** (e.g. heart disease, hypertension, arthritis, post-stroke...).
2. You should be mindful of your own health condition, activity level, and exercise tolerance to determine the exercise intensity. **The exercise intensity should be increased progressively.**
3. You should **wear appropriate and comfortable** clothing and a pair of sports shoes prior to exercising. You should also prepare a bottle of water and a towel.
4. You should exercise in **a venue that is not slippery** with sufficient lighting and appropriate temperature.
5. You should ensure that you have **sufficient water intake** prior to exercising to prevent dehydration.
6. You should be engaging in **30-60 minutes** of exercise each day, **3-5 times** per week depending on your own health condition, activity level, and exercise tolerance.

Exercising Trilogy

Warm-up Exercises

Strength Training
Balance Training
Gait Training

Cool-down Exercises

Warm-up Exercises

Demonstration by Dr. Lam MH Freddy, Registered Physiotherapist

Waist twisting

Repeat 10 times



Ankle circles



Move your ankle in a circular motion clockwise and anti-clockwise for 10 times each. Repeat on the other ankle.

March on the spot (use a chair for support)

Repeat 10 times with each leg



Quad stretch



Repeat 6 times on each leg

You should feel a gentle stretch at the front of your thighs and hold it for 10 seconds

Calf stretch



You should feel a gentle stretch in your calf and hold it for 10 seconds

2 Main Exercises

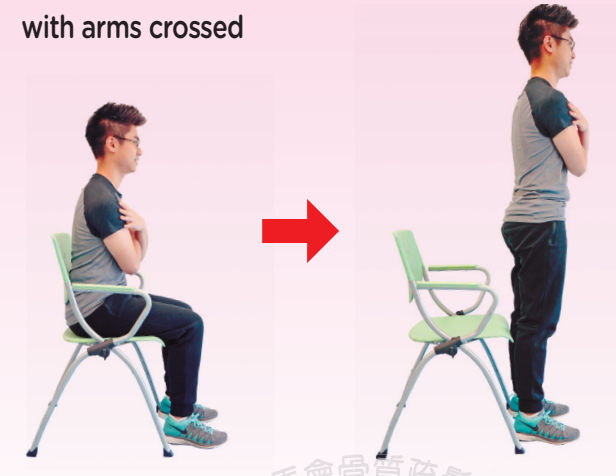
Demonstration by Dr. Lam MH Freddy, Registered Physiotherapist

Strength Training:

It is expected to experience muscle fatigue after strength training. You might experience mild to moderate muscle soreness 1 – 2 days after exercising. Perform the following exercises for 30 repetitions in total (10 repetitions per set for 3 sets, allow rest between sets).

Sit-to-stand exercise

with arms crossed



Tipping toes



Standing hip abduction*

Maintain an upright trunk. Lift the leg up to the side with the knee straightened and try not to bend the trunk throughout. Perform the exercise alternatively on each leg.



Bending the knee*

Maintain an upright trunk. Bend the knee to lift the foot up. Switch sides after performing one set of the exercise on one leg.



*Suggest to add sandbag on the ankle to progress the exercise

Balance Training:

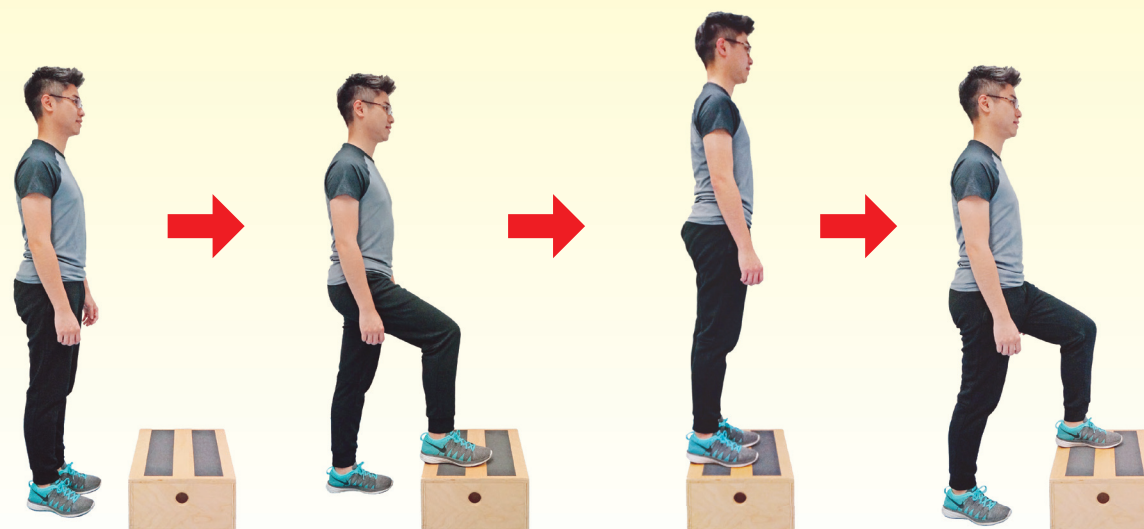
It is normal to feel slightly unstable when performing the following exercises as they are designed to challenge your balance; make an effort to maintain balance. Ensure safety with accessible support. Perform each of the following exercise for 1 minute and repeat 5 times as a set on each leg. Switch legs after each set.

Single-leg standing



Step-up and step-down practice

Try to step lightly when going up and down



Gait Training:

Apply skills to enhance stability during walking. Exercise with caution, and have accessible handrails to ensure stability in case of imbalance. Walk continuously for 1 minute, repeat 5 times.

Tandem walking

Walk slowly and try to step lightly



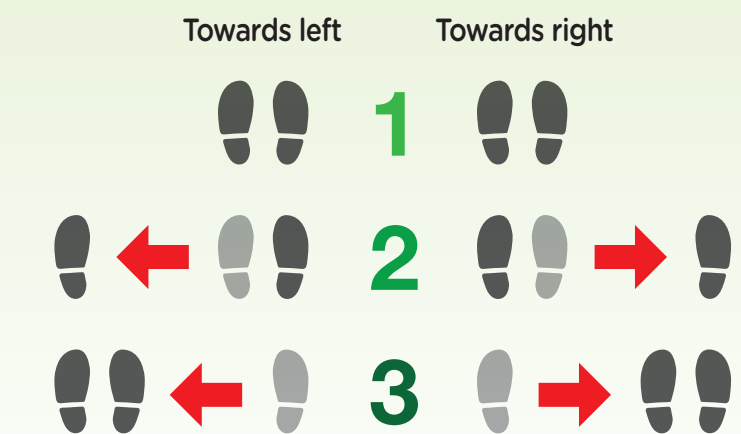
Gait over obstacles*

*Use lightweight objects as obstacles (e.g. shoeboxes, tissue boxes)



Side step exercise

Lift the foot up before stepping sideways



Progress the exercise by gently hopping sideways to further challenge balance and agility