What is Occupational Therapy?

Occupational Therapy helps people across a lifespan do what they want and need to do through the use of meaningful activities. We do this by promoting health, preventing injury/illness/disability, and providing supports for older adults experiencing physical and cognitive changes.

Fall Prevention

As we age, the risk of falls increases. It is important to regularly exercise muscles that target improvement in posture and balance to help minimize this risk. Moderate levels of physical activity can produce health benefits and slow the progression of disease.
Exercises to Help with Posture, Strength, and Balance

- Side Leg Raises
- Leg Stretch
- Ankle Rolls
- Hip Hinge
- Calf Raises
Medical Disclosure

- Information on this program is only intended as general summary information that is made available to the public. It is not intended to provide specific medical advice.
- Information resources are designed to help users better understand occupational therapy, fall prevention, and related health services.
- Individuals are urged to consult with qualified health care providers for diagnosis and treatment and for answers to personal health care questions.
  - It is recommended to contact your doctor before beginning any new exercise program.
FALL PREVENTION FOR SENIORS

SAFETY TIPS

- Exercise regularly
- Get your vision and hearing checked
- Review medications with your doctor
- Wear well-fitting shoes

SAFE HOME

- Install handrails and grab bars
- Remove clutter and cords from floor
- Use non-slip mats
- Make items accessible

IMPROVE LIGHTING

HEALTHY LIFESTYLE

SENIORS AND HEALTHCARE
**Program Summary**

- **Posture stretch**
  - 1x8, 1x10

- **Wall Circles**
  - Right: 1x3 backwards, 1x3 forwards
  - Left: 1x3 backwards, 1x3 forwards

- **Marching**
  - Right & left: 1x15

- **Leg Raises**
  - Right: 1x10
  - Left: 1x10

- **Clock Reach**
  - Right: 1 backwards and 1 forwards
  - Left: 1 backwards and 1 forwards

- **Chair Squats**
  - 3 x 5

- **Side Leg Raises**
  - 3 x 5 (Each Leg)

- **Seated Leg Extensions**
  - (Alternating Legs)
  - 2 (5 second hold) x 3

- **Ankle Rolls**
  - Right: 4 clockwise, 4 counterclockwise
  - Left: 4 clockwise, 4 counterclockwise

- **Hip Hinge**
  - 1x10

- **Calf Raises**
  - 1x10
These exercises have been selected to improve the strength of major muscle groups such as our core, leg muscles and postural muscles, which keep us strong and help us react to forces that may lead to a fall (Siegrist et al., 2016).

Components of these exercises, such as weight shifting and developing the mind-muscle connection, helps us stay fluid in our movements. These skills give us a stable foundation to which movement can be built upon (Sousa et al., 2017).

Evidence shows that exercise programs that target fall prevention by encompassing strength, mobility and balance can reduce the risk of falls by 21% (Sherrington et al., 2017).

Finding a routine that has a variety of movements, such as the exercises listed in this program, and doing them 2-3 times a week can give you tremendous benefit!
Contact Information

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Resources

- National Institute on Aging - Fall Prevention
- American Occupational Therapy Association - Article on Fall Prevention
