



Justin Gianni D.C.
1480 Chapel Ridge Rd. Ste.150
Apex, NC 27502
919-335-5954
pfcapex@gmail.com
drgianni.com

5 Steps to Fall Prevention

1. Address any risk factors you may have for falling.

- a. Look at all medications and learn their side effects. Look for things such as muscle pain, weakness or vertigo.
- b. Have you fallen before? This may increase your risk.
- c. Do you have any other conditions that may cause you to become suddenly weak, out of breath or dizzy?

2. Strategically choose your path of movement.

- a. Find a path that has less loose carpet and watch for doorways that may have raised flooring.

3. Wear the right shoes

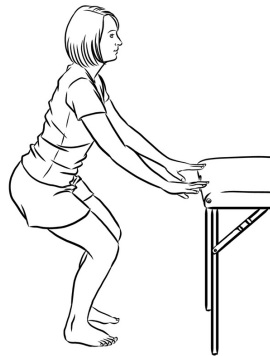
- a. Use athletic shoes that are comfortable, but have good traction.



Justin Gianni D.C.
1480 Chapel Ridge Rd. Ste.150
Apex, NC 27502
919-335-5954
pfcapex@gmail.com
drgianni.com

4. Exercise to stay in shape (want it to be somewhat challenging and work on balance)

a. Heel to toe walking



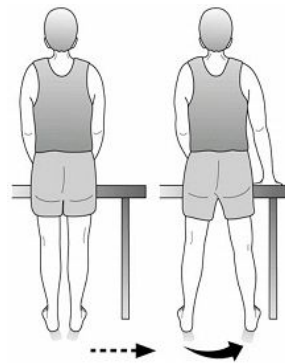
b. Heel raise



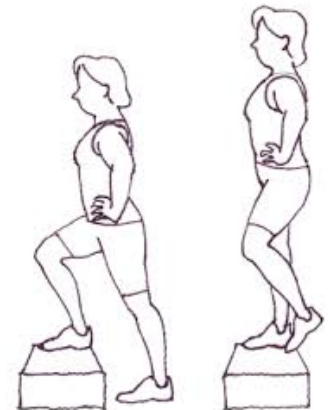
HEEL RAISES

c. Mini-Squats

d. Side stepping



e. Step up



5. Learn proper sitting and standing techniques

- Sit to stand exercise (bend forward, push straight up)
- Have railing or sturdy support to hold onto otherwise
- Movement is important to staying loose