



# FIND YOUR BALANCE

Learn exercises to help prevent slips, trips, and falls.



Did you know more than 3 million older adults are treated for fall injuries each year? Understanding your risk for falling is important, as it's the number one cause of injury as we age. Use the tests below to better understand your risk.

## TIMED UP & GO TEST (TUG)

- 1 Sit in a chair
- 2 Stand up and walk 10 feet
- 3 Turn around, walk back and sit down

If you're able, perform the test without using your arms to get up or down from the chair.

If they are used in regular activities, any assistive device (like a cane or walker) should be used during this test.

Do this test as quickly and as safely as you can. If you feel unsafe, have a spouse or friend there to assist you.

### LOW FALL RISK: TUG < 10 SECONDS

Suggestion: Stay active and re-test every six months for monitoring.

### MODERATE FALL RISK: TUG 10-14 SECONDS

Suggestion: Consider using an assistive device and begin a fall prevention program with a Physical or Occupational Therapist.

### HIGH FALL RISK: TUG >14 SECONDS

Suggestion: Start using an assistive device and begin a fall prevention program with a Physical or Occupational Therapist.



## SIT-TO-STAND TEST

- 1 Sit on the edge of a chair
- 2 Stand without using your arms
- 3 Slowly lower back into the chair

Complete the test for 30 seconds and count your repetitions.

Avoid using momentum to get up from the chair.

Lower yourself with control and avoid dropping into the chair.

### Sit-to-Stand Goals WOMEN

- 60-64 | 14 REPS
- 65-69 | 13 REPS
- 70-74 | 12 REPS
- 75-79 | 12 REPS
- 80-84 | 10 REPS
- 85-89 | 9 REPS
- 90-94 | 7 REPS

### Sit-to-Stand Goals MEN

- 60-64 | 15 REPS
- 65-69 | 14 REPS
- 70-74 | 13 REPS
- 75-79 | 13 REPS
- 80-84 | 11 REPS
- 85-89 | 10 REPS
- 90-94 | 9 REPS