

BETTER BALANCE/FALL PREVENTION PROGRAM

The Better Balance/Fall Prevention Program addresses balance and mobility problems with individuals who have strength issues that affect their activities of daily living and their ability to walk. The program consists of exercise sessions in a small class setting held twice a week for eight weeks. The hour long classes consist of strengthening exercises in sitting and standing positions and a variety of balance and gait activities done individually and as a group.

Program Goals

The goals of this program are to improve strength, mobility and balance confidence in individuals who have been identified to be at risk for falls or who have fallen in the past six months and to educate participants in fall prevention strategies.

Program Instructors

The program instructors consist of a physical therapist as well as a physical therapy assistant.

Accessing the Program

To be considered for this program, you must be living independently in the community or in an assisted living facility and must be able to walk ten meters with or without a walking aid. You may be referred by your physician, your physical therapist or you may contact the Misericordia Physical Therapy Department directly at (780) 735-2757. You will then be booked for an assessment to obtain baseline testing and to confirm that the program is appropriate for your needs.