

StandingTall program safety

Balance assessment safety:

The balance assessment is done at the beginning of the program to establish your current balance ability and select exercises that are at an appropriate level for you. The aim is to hold the various foot positions for 30 seconds each without holding on. It may be helpful to have a support person to supervise you when doing the balance assessment for the first time. The balance assessment is repeated monthly to help track your progress. Key points to remember:

- Ensure that you have a chair or something sturdy nearby that you can hold onto if you feel like you are losing your balance or might fall
- Wear well-fitted comfortable shoes (DO NOT exercise barefoot, or wearing socks or slippers)
- Watch the demonstration videos



StandingTall Program safety and exercise progression guidelines:

Rating scale: After each exercise, you will be asked to rate how difficult/stable you found the exercise. This scale is from 1 (unstable) to 5 (very stable).

Rating	Description	Detailed description
1	Unstable	suggests you felt unstable and found the exercise too difficult to perform or could only complete the exercise while holding on for support
2	Somewhat stable	suggests that you felt somewhat stable but found the exercise quite challenging and required hand support to do the exercise
3	Stable	suggests you felt mostly stable but the exercise was challenging without holding on for support. When selecting 3, very minimal or no upper limb support was required
4	Mostly stable	suggests you felt stable and the exercise was fairly easy to complete without holding on for support
5	Very stable	suggests you felt very stable and you completed the exercise easily without holding on for support

The rating of 4 or 5 should only be selected if NO hand support was required for the duration of the exercise. If hand support was required, the exercise should be rated 3 or below, and select 'Yes' to requiring a chair for support.

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Exercise rating and progression: Rating the difficulty of each exercise accurately is important because this determines how your exercises progress.

- If you found the exercise easy to perform without requiring hand support and rated the exercise 4-5, this means the exercise will be made more challenging next time.
- If you found the exercise difficult to perform while requiring some or no use of your support and rated the exercise 2-3, the program will remain at the current level for your next session.
- If you couldn't do the exercise or could only perform while holding onto your support or you felt unsafe doing it and rated it 1, the exercises will be less challenging next time.



Key points to remember when exercising:

- Ensure that you have a chair or something sturdy nearby that you can hold if you feel like you are losing your balance or might fall.
- Wear well-fitted comfortable shoes and clothing. Do not exercise with bare feet, socks or slippers.
- Watch the demonstration video if you are unfamiliar with the exercise or need refreshing.
- Avoid or modify any exercise that causes you pain or discomfort. Don't ignore your body's signals of fatigue, discomfort and pain.
- Consult a qualified exercise trainer before starting the program if you haven't exercised for a while or you have a pre-existing injury or medical condition.
- Rate each exercise accurately to ensure the exercises are tailored to your ability.
- Keep hydrated – drink water.

Did you know?

Dosage: Research has shown that challenging balance exercises for 2-3 hours a week and sustained for 6 months reduce falls by 38-39%. So that's why we recommend 2 hours a week to keep in line with these recommendations. That way, the exercises have the greatest fall prevention effect.

Intensity: The exercises are not very intense and therefore, should not cause pain. If they do become painful please consult an exercise professional so that they can modify the exercises for you.

Surface: Some exercises require you to stand on unstable surfaces (box and foam) which can make you feel more unsteady. If you were to feel giddy or lose your balance a fall could result in injury – always have sturdy support within reach.