What is Stepping On?

- Evidence based (JAGS Sept 04)
- 2hrs x 7 weeks community based falls prevention program
- Multifactorial program with exercise as one component
- 3 month follow up session
- OT home visit to each participant
- Best practice model
- Behavioural component
Otago Exercise Program

• Reference: NZ Falls Research Team (2003)

• *Exercise Program to Prevent falls in Older People: A Home Based Individually Tailored Strength and Balance Retraining Program*
  University of Otago

• To order contact
  Eve Bon
  Injury Prevention – OEP
  ACC
  PO Box 242
  Wellington
  New Zealand

(costs $60NZD) – see online for order form
Strength & Balance Exercises

• 6 exercises chosen from Otago Exercise Program
• Strength and balance components
• Could be done easily at home
• Exercises could be upgraded
What makes it different?

• Education and group discussion on benefits of exercise to prevent falls
• Changing attitudes towards exercise
• Changing behaviours to incorporate exercises into daily routines
• Peer support
• Individual attention from the physiotherapist if needed
Front knee strengthening exercise

- You could do this exercise while you are watching TV
- Strap the weight onto your ankle
- Sit on a chair with your back well supported
- Straighten the right leg
- Hold for five seconds
- Lower the leg
- Repeat ______ times for the right leg
- Strap the weight onto your left ankle
- Hold for five seconds
- Repeat this exercise ______ times.
Side hip strengthening exercise

Strap the weight onto your right ankle
• Stand up tall with your left side toward the bench
• Hold on with your left hand
• Keep the right leg straight and the foot straight forward
• Lift the right leg out to the side and return
• Repeat ______times for the right leg
• Strap the weight onto your left ankle
• Turn around
• Repeat this exercise ______times for the left leg
Calf raises

Stand up tall facing the bench
- Hold on
- The feet are shoulder-width apart
- Come up onto your toes
- Lower the heels to the ground
- Repeat this exercise _______________ times
Sideways walking

Stand up tall and place your hands on your hips
- Take 10 steps to the right
- Take 10 steps to the left
- Repeat
Heel-toe standing

Stand up tall beside the bench

- Hold onto the bench and look ahead
- Place one foot directly in front of the other foot so the feet form a straight line
- Hold this position for 10 seconds
- Change position and place the foot behind directly in front
- Hold this position for 10 seconds
Heel-toe upgrade

- Stand up tall beside the bench
- Place one foot directly in front of the other foot so the feet form a straight line
- Hold this position for 10 seconds
- Change position and place the foot behind directly in front
- Hold this position for 10 seconds
Sit to stand

- You could do this exercise while you watch TV
- Sit on a chair which is not too low
- Place the feet behind your knees
- Lean forwards over your knees
- Push off with both hands and stand up **slowly**
- Hold for five seconds
- Repeat this exercise __________ times
Stepping On participants & staff
References and Acknowledgements

• Used with the permission of:

• New Zealand Falls Prevention Research Group

Department of Medical & Surgical Sciences

University of Otago

Dunedin, New Zealand
For enquiries about Stepping On

- Megan Swann, Occupational Therapist

- megan.swann@bigpond.com