

Type of physical exercises recommended to improve balance and gait in older adults with a history of falls.

Recommended Types Of Exercises

A multicomponent program that includes:



Gait Training

Walking multidirectional steps in the forward, backward, lateral and oblique directions.
Complex obstacle negotiation exercise and increasing the difficulty throughout the training.



Balance Training

Balance-jumping and agility training.
Exercises on unstable bases.
Standing on the one leg.



Functional Activities

Sit and get up and walking upstairs training.
Gait with different speeds.
Dance exercise.



Motor Coordination Exercises

Ballgames catching with the one hand while standing or moving.
Kicking a moving ball or throwing to a moving target.
Team games.



Strengthening

Exercises for abdomen, upper, and lower limb muscles.
Body weight exercise.

The Benefits Of Exercises



Improvement of balance

Risk and rate of falls reduction

Gait performance improvement*

*Increase in step length and velocity and decrease in step width and duration.

Exercises Prescription

Training frequency	≥ Three hours for week
Training session duration	One hour
Training period	≥ Six months
Training Intensity	Moderate*

* According American College of Sports Medicine (ACSM), moderate intensity activities are those that consume 3 to 5.9 METs (metabolic equivalents).