

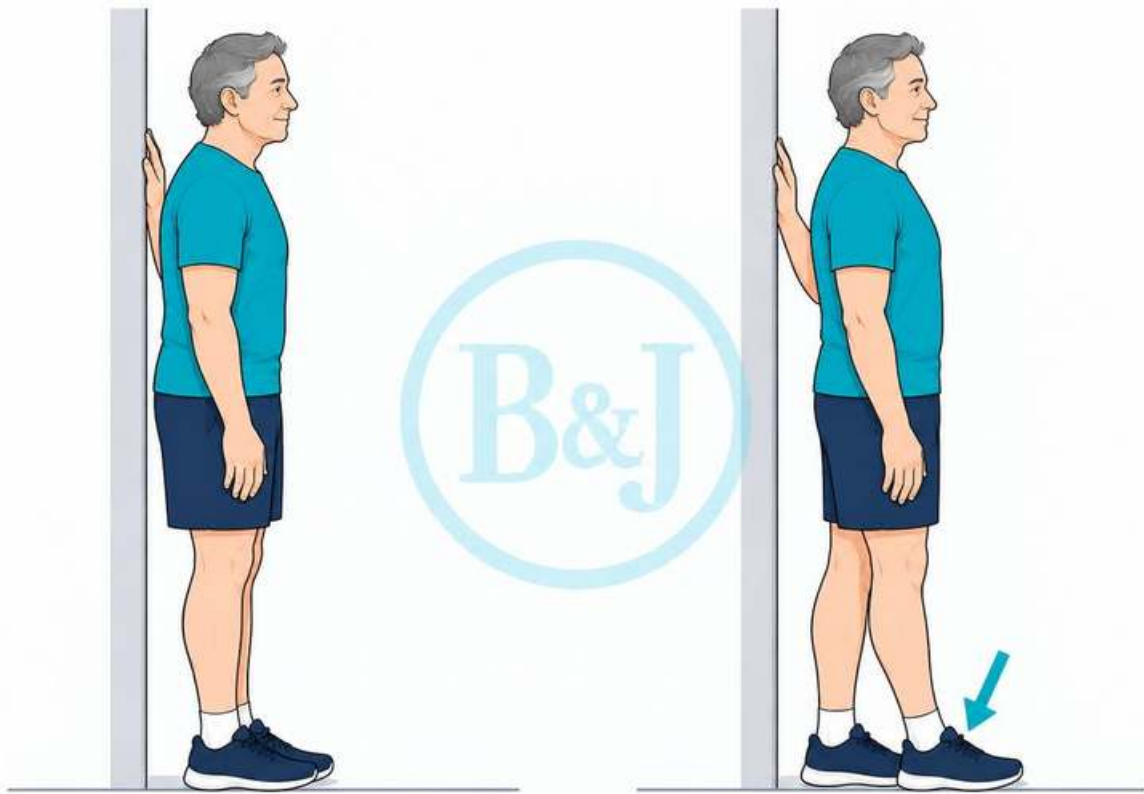
Strong bones — age 50 and above

Bone protection and fall prevention



Most hip fractures are a fall, not a collapse. So half of this programme is balance work. Balance improves at any age — but only if practised often. Little and often beats long sessions.

1 Heel-to-toe stand



Stand beside a wall or counter with one hand resting on it. Place one foot directly in front of the other, heel touching toe. Look ahead at a fixed point, not at your feet.

Hold 10–30 seconds

Twice each side, daily

✓ Should feel

Steady, with support within reach

✗ Should not feel

Practising in the middle of a room



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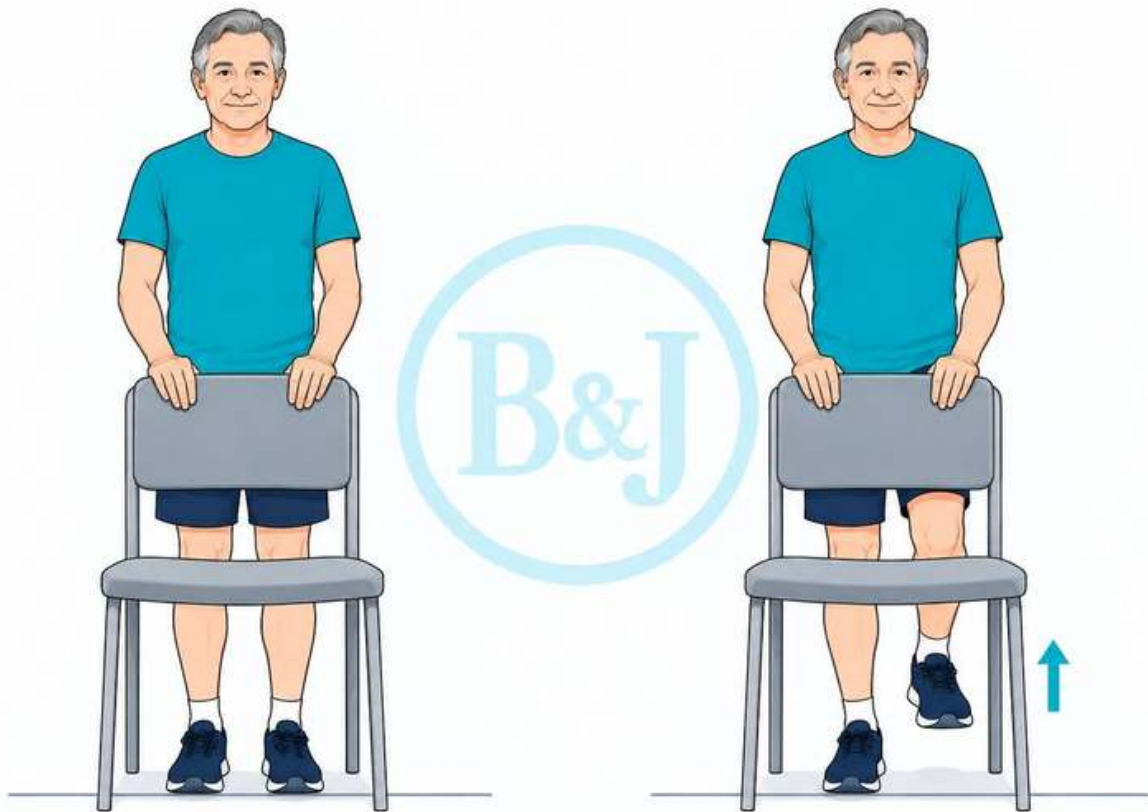
Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

One-leg stand



Hold a counter or sturdy chair with one hand. Lift one foot just clear of the floor, keeping the standing knee soft. Look ahead at a fixed point.

Hold 10–30 seconds

Twice each leg, daily

✓ Should feel

Steady balance improving week by week

✗ Should not feel

Holding your breath — count out loud instead



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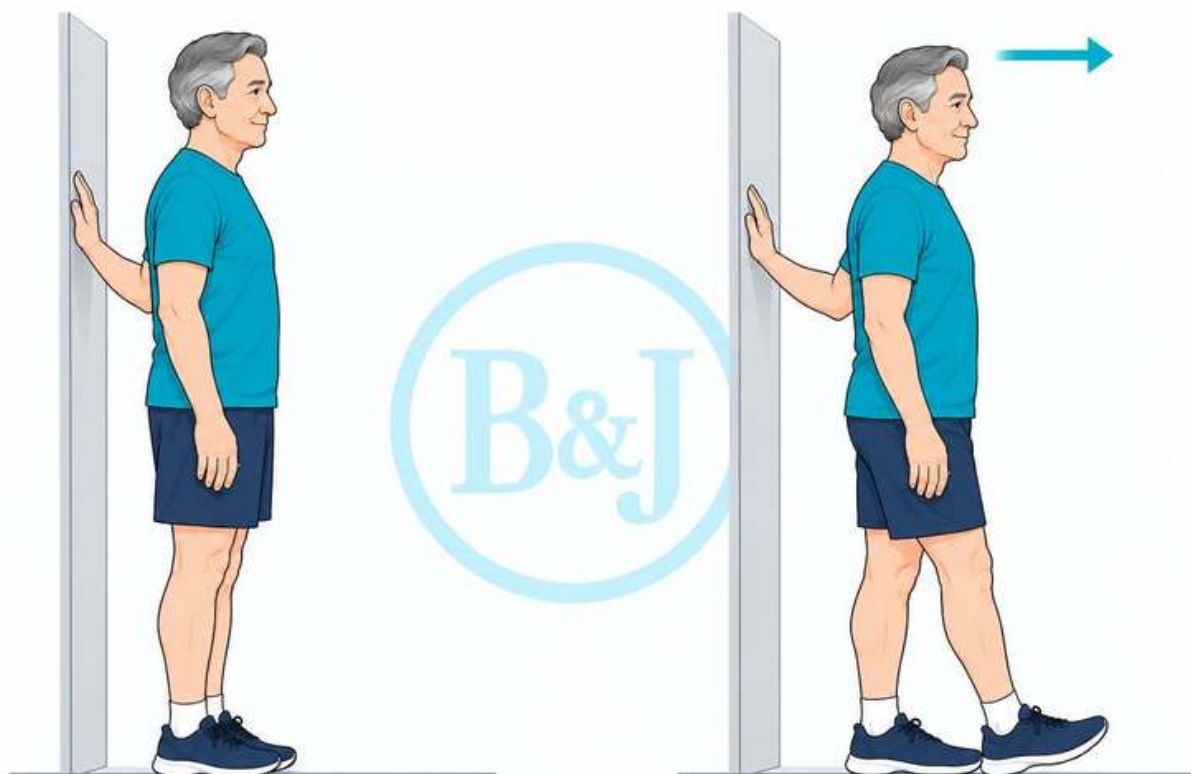
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3

Heel-to-toe walk



Walk along a wall you can touch. Place the heel of one foot directly in front of the toes of the other. Eyes ahead, not on your feet.

10 steps

2–3 times, daily

✓ **Should feel**

Controlled steps

✗ **Should not feel**

Turning quickly — turn slowly in small steps



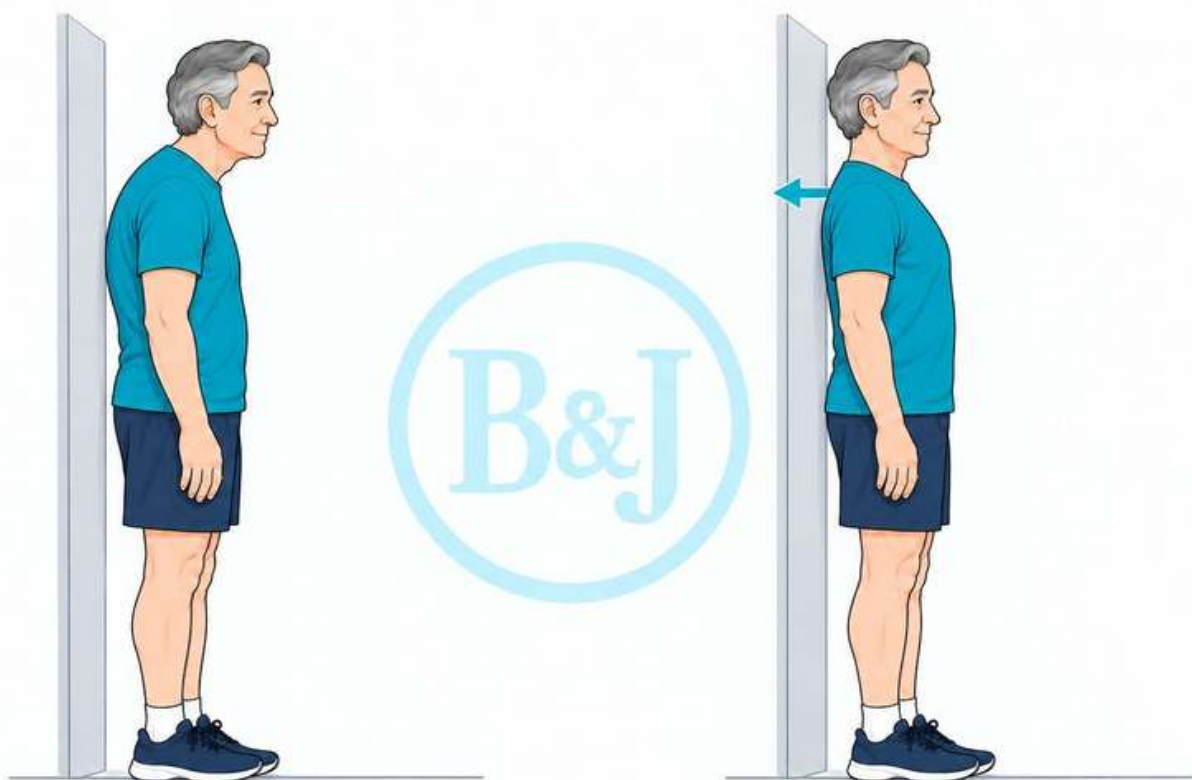
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Back against a wall, heels a few inches away. Bring buttocks, upper back and the back of the head to the wall. Draw the chin gently back.

Hold 20–30 seconds

5 times, daily

✓ Should feel

The upper back opening out

✗ Should not feel

Forcing the head back if it will not reach



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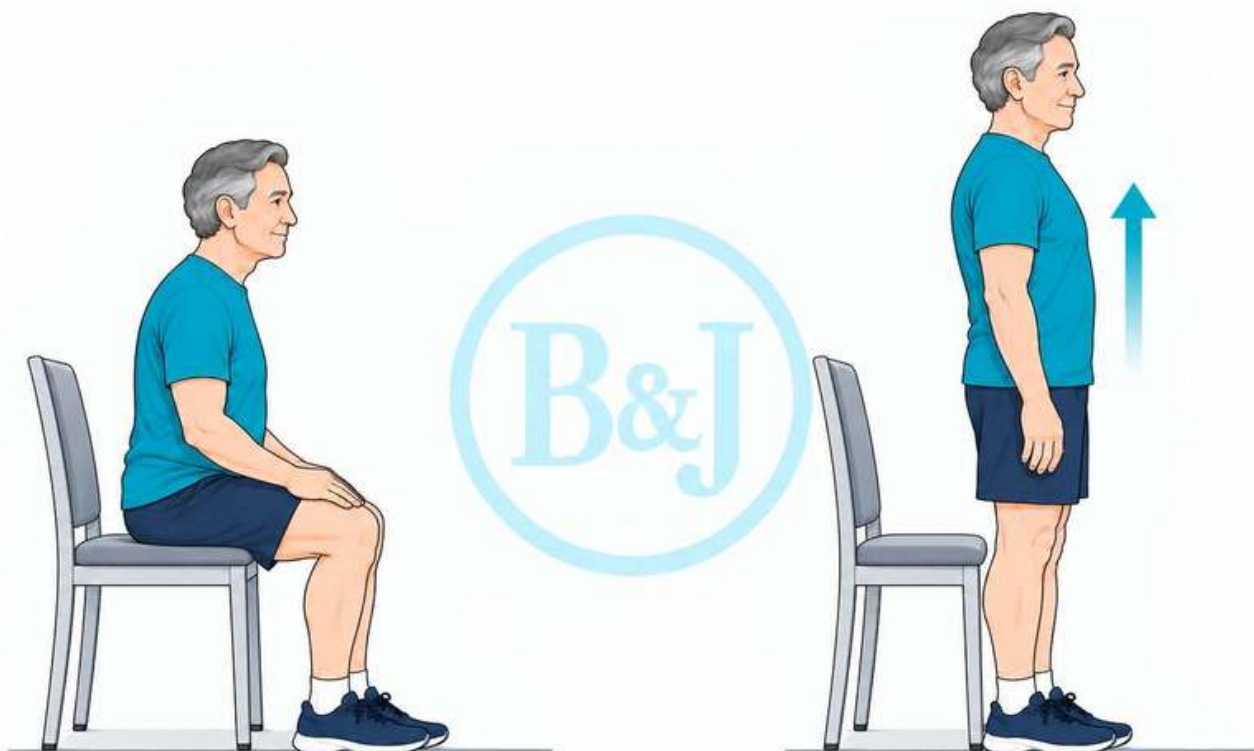
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5

Stand up from a chair



Sit towards the front of a firm, high chair placed against a wall. Lean forward over the knees and push up through the legs. Lower slowly.

5–10 times

2 sets, most days

✓ Should feel

The legs doing the work

✗ Should not feel

A chair with wheels, or a soft sofa



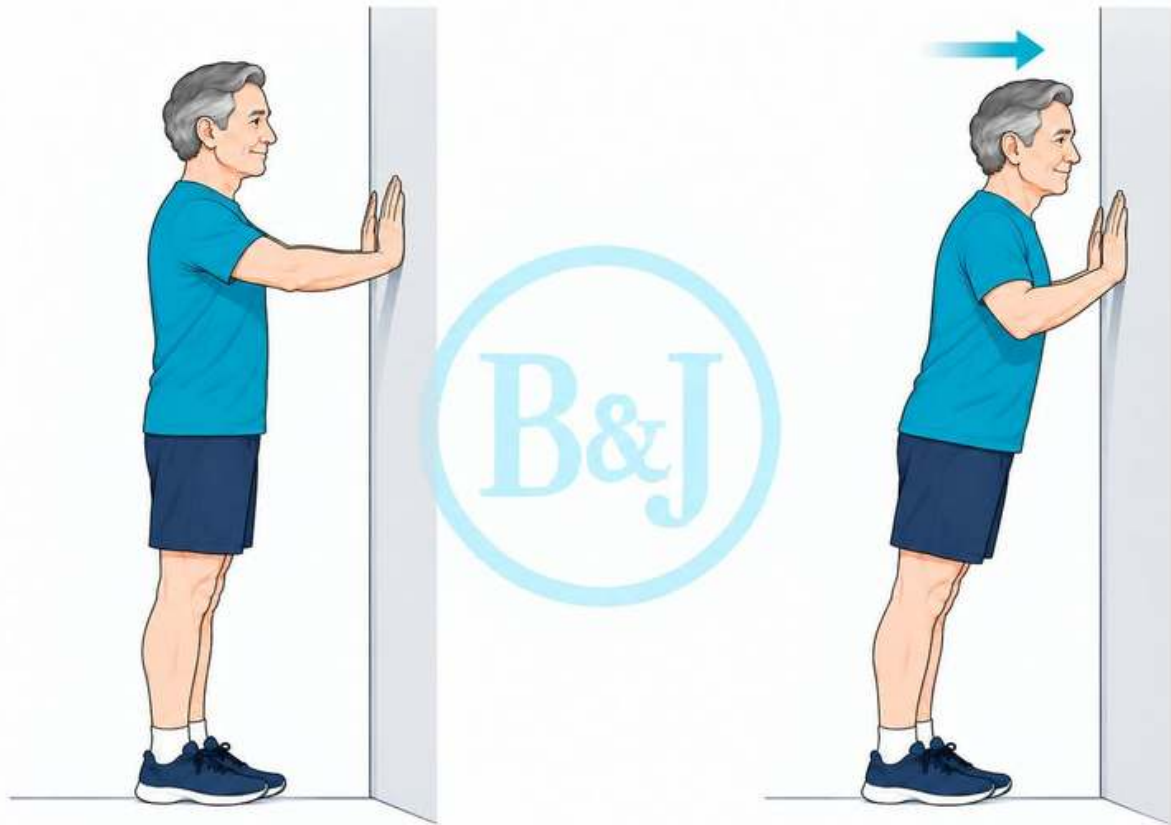
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Stand an arm's length from a wall, palms at shoulder height. Keep the body straight and the neck relaxed. Bend the elbows, then push back slowly.

8–12 times

2 sets, 3 days a week

✓ Should feel

The arms and wrists loading

✗ Should not feel

The heels lifting off the floor

Stop and telephone us if

- An exercise causes pain rather than effort
- You feel dizzy, unsteady, or you have a fall
- Chest pain or tightness, unusual breathlessness, or an irregular heartbeat — stop and seek advice
- Sudden sharp joint pain



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