

# EXERCISES FOR **FALL PREVENTION**

Exercise	Targeted Components
Standing with weight shifting in different directions (eg, twisting, reaching)	Functional stability Dynamic stability Anticipatory control
Heel raises, sit to stand, tap toes on step, heel-toe walking, walking sideways, walking with direction changes	Dynamic stability Anticipatory control
Throwing, catching a ball	Reactive control

**SOURCE:** SIBLEY KM, THOMAS SM, VERONIKI AA, ET AL. COMPARATIVE EFFECTIVENESS OF EXERCISE INTERVENTIONS FOR PREVENTING FALLS IN OLDER ADULTS: A SECONDARY ANALYSIS OF A SYSTEMATIC REVIEW WITH NETWORK META-ANALYSIS. *EXP GERONTOL*. 2021;143:111151.