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*personal Training*

PARKINSON'S  
& BEYOND

## HOW TO GET UP FROM A FALL (OR BETTER YET PREVENT ONE)

Recently, a friend of my mom's fell in her apartment at 3:30 in the afternoon. Her caregiver wasn't scheduled until 9:30 the next morning, which is when she was found and finally got help.

Each year, 3 million older people visit emergency departments after a fall, and 20% of them are treated for a broken bone, a head trauma or other serious injury, according to the [U.S. Centers for Disease Control and Prevention \(CDC\)](#).

The best thing you can do is stay strong enough to resist falls. But, also practice getting up off the floor as much as possible so you know you are able to do it. This will help reduce your fear of falling.

If you DO fall, always assess for any injuries prior to attempting to get up.

Here are the steps for getting off the floor:

## How to get up from a fall



1 Roll on to your side, then push up on to your elbows.



2 Use your arms to push yourself on to your hands and knees.



3 Crawl to a very stable piece of furniture (a sturdy chair or bed) and hold on to it for support.



4 Slide or raise the foot of your stronger leg forwards so it's flat on the floor.



5 Lean forwards and push up using your arms and front leg, slowly rising to standing position.

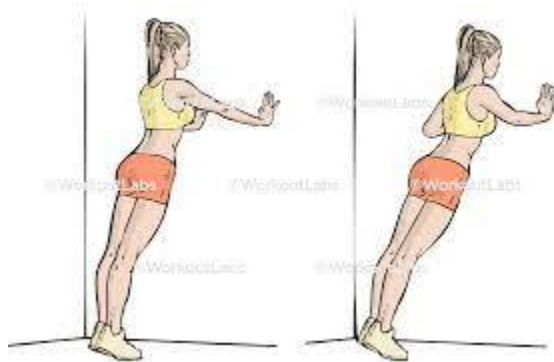


6 Turn around and sit down. Sit for a minute or two to rest.

Here is the catch!

You have to have the strength to get off the floor in order for these steps to work.

Below are some basic exercises to strengthen your legs, core and arms so you can help yourself up:



WALL PUSHUPS



STANDING BIRD DOG - OPPOSITE ARM/LEG THEN SWITCH



REVERSE LUNGE - ALTERNATE LEGS



SQUATS

Take into consideration your fitness level and any limitations you may have. These are basic/beginner exercises and can be modified for your specific circumstances by a qualified trainer.

A Personal Trainer can program your sessions to ensure they include the following:

- Balance
- Power moves (to catch yourself if you trip over something)
- Leg strength