



Stay On Your Feet...

STEP 4 Improve Your Balance

Balance sensors are found in your inner ear, eyes, joints and muscles. Any disruption to these organs and pathways can upset your balance, increasing your risk of falling.

Factors that can affect your balance are:

- Loss of muscle strength
- Reduced joint movement and stability
- The side effects of some medicines
- Ear problems, including wax build up
- Sudden movements, especially rising quickly from a sitting or kneeling position
- The short-term effects of a hip or knee replacement

Ways to improve your balance

- Think about using a walking aid. Talk with your doctor, physiotherapist or occupational therapist about what option would be best for you.
- Be active. Take part in a physical activity that improves your strength, balance and flexibility.
- Manage your medicines.

Stay Active, Stay Independent and Stay On Your Feet!



For more information on the 9 steps, call:

Stay On Your Feet North Bay 705 474-1400

Stay On Your Feet Parry Sound 705 746-5801

1 800-563-2808

What can I do to improve my balance?

Review what you are doing to improve your balance and complete the table below. An example is given to help.

What positive steps am I already taking?

I participate in a tai chi class once a week

What changes might help me stay on my feet?

Talk with my doctor about whether I need a walking aid

Check out whether I should do some weight training at the gym

How will I make these changes? Is there anyone I need to contact?

Call the local gym to see if they have special weight training classes

Who else do you know who would benefit from this information?