



معهد دسمان للسكري
Dasman Diabetes Institute



أحد مراكز
Center

مؤسسة الكويت للتقدم العلمي
Saudi Foundation for Advancement of Sciences

LETS GET STEADY! TO PREVENT FALLS

1 in 3 older adults fall every year which can lead to serious injury and detrimental consequences on the general health of those with diabetes. Such injuries include hip fracture, head injury causing limitations of movement and loss of independence or even death.

By introducing exercise, it can increase your strength and balance and reduce your risk of falling.

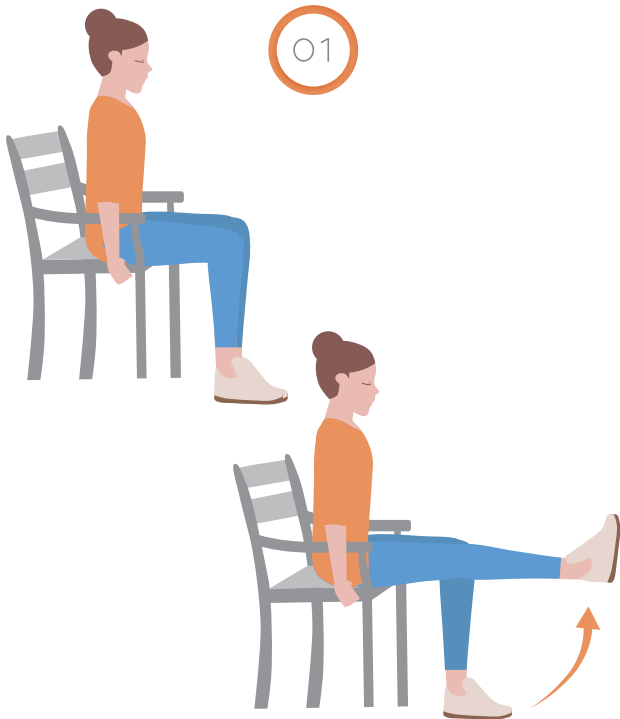
We at DDI take a holistic approach to diabetes care management and we are committed to providing the best quality care available. We encourage all patients to always take part in the management of their health issues and enhance their own safety and wellbeing by having up-to-date and evidence-based information.

Follow the 4 daily exercises provided in this leaflet. Aim to do one session in the morning and one session in the evening.

EXERCISE 1

KNEE STRETCHING

01



- Sit tall in a chair with your back well supported
- Straighten your right leg fully and bring your toes up towards you
- Hold for 5 seconds
- Lower the leg slowly
- Repeat up to 10 times and swap legs

EXERCISE 2

CALF RAISES

02



- Stand tall at the back of a sturdy chair
- Hold on with both hands and look ahead
- Place your feet hip width apart
- Lift your heels slowly off the ground and keep your toes on the ground
- Lower your heels slowly
- Repeat up to 10 times – as you are able

EXERCISE 3

SIT TO STAND

03



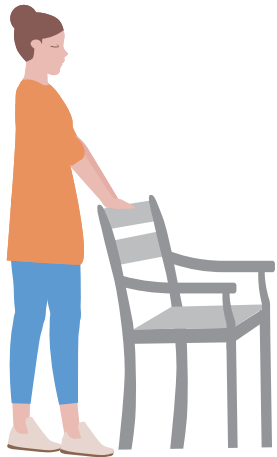
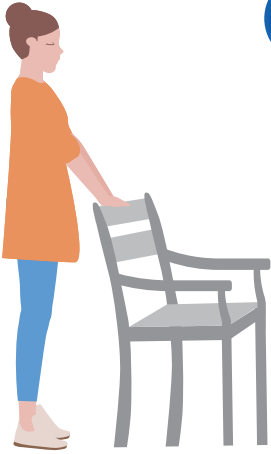
- Put your chair against the wall and sit on the edge of the chair
- Bring your feet behind your knees
- Lean forward bringing your head over your knees
- Push with both hands to stand up
- Step back until you feel the chair against your legs
- Bend in the middle, reach back for the arms rest and slowly sit down
- Repeat up to 10 times – as you are able



EXERCISE 4

BALANCE HEEL TOE STANDING

04



- Stand tall at the back of a sturdy chair and look ahead
- Place right foot directly in front of the left foot (heel touching toe)
- Hold this position for 10 seconds
- Change feet and hold for 10 seconds

Once you perform all of the exercises, tick the boxes below when you have completed each session.

| WEEK | SUN | MON | TUES | WED | THURS | FRI | SAT |
|------|---|---|---|---|---|---|---|
| 1 | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
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| 4 | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| 5 | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |



Well done!

You have finished your exercises for today!

REMEMBER:

- Stay within your comfort zone
- Make sure the chair or table you use for support is sturdy
- Wear supportive shoes
- Stop exercising if you experience any unusual pain or discomfort
- Try to practice these exercises and incorporate them into your daily routine