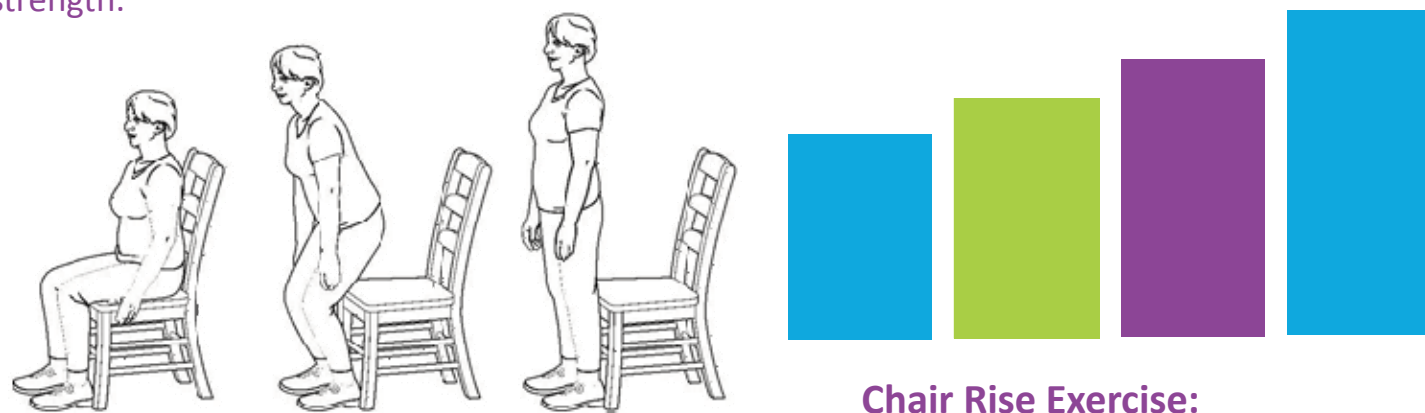


What to do about results:

- **Go to the doctor:** You are at high risk, share these results with your doctor as soon as possible
- **Get Stronger:** Your score can be better. Try the exercise on the back of this sheet. Sign up for Tai Chi Moving for Better Balance
- **Keep Going:** Your score is good. Keep moving and stay strong by focusing on balance and strength.



Chair Rise Exercise:

What it does: Strengthens the muscles in your thighs and buttocks.

Goal: To do this exercise without using your hands as you become stronger.

How to do it:

1. Sit toward the front of a sturdy chair with your knees bent and feet flat on the floor, shoulder-width apart.
2. Rest your hands lightly on the seat on either side of you, keeping your back and neck straight and chest slightly forward.
3. Breathe in slowly. Lean forward and feel your weight on the front of your feet.
4. Breathe out and slowly stand up, using your hands as little as possible.
5. Pause for a full breath in and out.
6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
7. Breathe out.

Repeat 10-15 times. If this number is too hard for you when your first start practicing this exercise, begin with fewer and work up to this number.

Rest for a minute and then do a final set of 10-15.

Get more information and resources online:

HealthyAging.health.ok.gov



The Oklahoma State Department of Health (OSDH) is an equal opportunity employer and provider. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries and are available for download at www.health.ok.gov. | January 2018

This information has been adapted from the CDC.

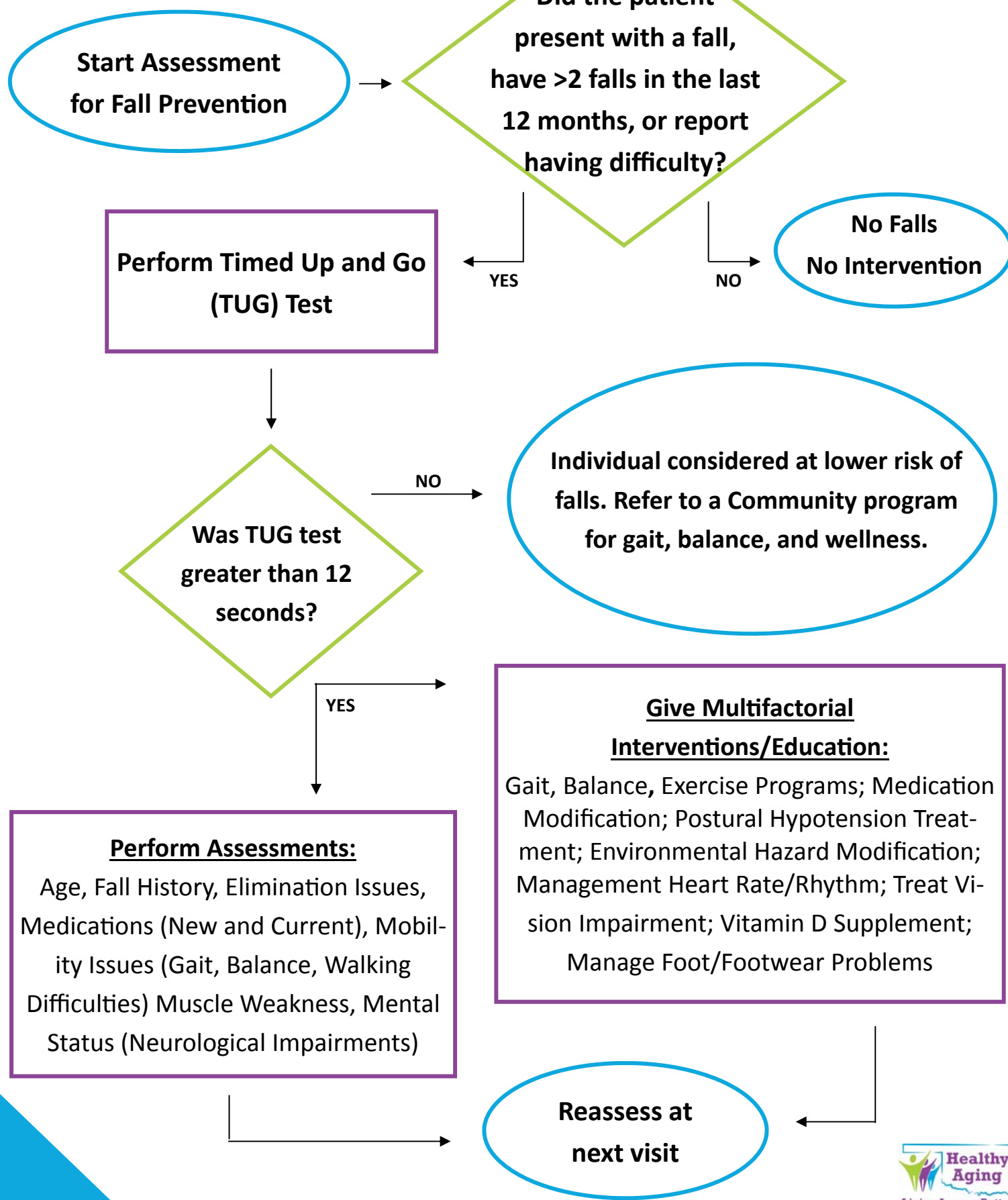


Timed Up and Go Test

For Providers

The purpose of a Timed Up and Go (TUG) test is to assess mobility. This test can be performed in-office, or at home, with just a chair and a stopwatch.

TALK ABOUT IT



Educational Resources for Providers and Patients

Timed Up and Go (TUG) Test

Purpose: To assess mobility

Equipment: A stopwatch

Directions: Patients wear their regular footwear and can use a walking aid if needed. Begin by having the patient sit back in a standard arm chair and identify a line 10 feet away on the floor. Observe the patient's postural stability, gait, stride length, and sway.

Instructions to the patient: When I say 'Go,' I want you to stand up from the chair, walk to the line on the floor at your normal pace, turn, walk back to the chair at your normal pace, then sit down again.

- On the word **"Go"** begin timing. Stop timing after patient has sat back down and record.

Note: An older adult who takes ≥ 12 seconds to complete the TUG is at high risk for falling.

www.cdc.gov/injury/STEADI

Tips to Share With Patients

- Remove clutter
- Repair or remove tripping hazards
- Install grab bars and handrails
- Avoid loose clothing
- Use brighter light bulbs/lighting where needed
- Wear properly fitting shoes at all times, particularly house shoes or slippers
- Make it nonslip— use strips or mats to secure rugs, or remove them
- Live on one level
- Move more carefully and deliberately
- Consider canes, walkers, wheelchairs or scooters
- Consider alert devices if at risk
- Be aware of pets and small children

Fall prevention brochures and posters, such as What YOU Can Do to Prevent Falls and Check for Safety, can be downloaded from the Centers for Disease Control and Prevention web site:

(www.cdc.gov/ncipc/pub-es/toolkit/brochures.htm)

Prevention is the best prescription

Reimbursement Tip: Medicare will pay for fall risk assessment in physical therapy if the provider uses ICD-10 code Z91.81 for history of falling. Also consider producing a referral pad for physical therapy fall assessment and/or exercise, gait, and balance program.

