

FALLS PHYSIOTHERAPY CLASS

NAME _____ D.O.B. _____

DATE								
WARM UP								
THERABAND EXS								
PULLEYS								
MOTOMED								
STATIC BALANCE								
DYNAMIC BALANCE								
DYNAMIC STEPPING								
STEP UP/STEP DOWNS								
STANDING STRENGTHENING								
BED EXERCISES								
OTHERS								
GET OFF FLOOR PRACTICE								