Supplemental Digital Content 1

**Falls Prevention Programming Series – 12 Week Intervention**

**Phase 1 – Weeks 1-4**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Exercises** | **Week 1** | **Week 2** | **Week 3** | **Week 4** |
| **Warm-up: Seated** |  |
| Deep breathing | 1 min | 1 min | 1 min | 1 min |
| Seated Arm Hugs | 30 sec each | 30 sec each | 30 sec each | 30 sec each |
| Seated Hip Rotations (or Hip Steps) |
| Seated Ankle Rotations |
| Seated Ankle Point/Flex |
| **Warm-up: Standing** |  |
| March (with arm swings if possible) | 30 sec each | 30 sec each | 30 sec each | 30 sec each |
| Active Calf/Hip Flexor Stretch Behind Chair |
| Torso Rotation w/ arms punch |
| **Sensory, Strength & Gait Workout** |
| **DAY 1** |
| Standing Shifting Eyes L to R (head forward) | 30 sec eachNo marching |
| Standing w/ Rotating Head (eyes forward) |
| Chair Squats w/ forward arm swing | 2x10 | 2x10 | 2x15 | 2x15 |
| Seated 2-arm tubing press or DB underhand front raise in front of chest | 2x10 | 2x10 | 2x15 | 2x15 |
| Seated 2-arm tubing stretch or DB cobra | 2x10 | 2x10 | 2x15 | 2x15 |
| Side squat w/ forward arm reach | 60 sec | 60 sec | 60 sec | 60 sec |
| Ball Pass Around Circle, Feet Side by Side1 ball Wk 1-2, 3 balls Wk 3-4 | 2x eachdirection | 2x eachdirection | 4x each direction | 4x each direction |
| Ladder – Forward High Steps | 1x thru | 2x thru | 3x thru | 4x thru |
| Partner Squat & Ball Pass – Face-to-face | 1x10 each | 1x10 each | 1x20 each | 1x20 each |
| **DAY 2** |
| Standing Shifting Eyes L to R (head forward) | 30 sec eachNo Marching |
| Standing w/ Rotating Head (eyes forward) |
| Chair Squats w/ forward arm swing | 2x10 | 2x10 | 2x15 | 2x15 |
| Seated tubing curl or DB curl | 2x10 | 2x10 | 2x15 | 2x15 |
| Seated tubing extension or DB kickbacks | 2x10 | 2x10 | 2x15 | 2x15 |
| Side squat w/ forward arm reach | 60 sec | 60 sec | 60 sec | 60 sec |
| Ball Pass Around Circle, Feet Side by Side1 ball Wk 1-2, 3 balls Wk 3-4 | 2x eachdirection | 2x eachdirection | 4x each direction | 4x each direction |
| Ladder – Forward High Steps | 1x thru | 2x thru | 3x thru | 4x thru |
| Partner Squat & Ball Pass – Face-to-face | 1x10 each | 1x10 each | 1x20 each | 1x20 each |
| **Cool-Down: Standing** |  |
| March (with arm swings if possible) | 30 sec each |
| Active Calf/Hip Flexor Stretch Behind Chair |
| Torso Rotations w/ arms punch |
| **Cool-Down: Sitting** |  |
| Seated Arm Hugs | 30 sec each |
| Seated Hip Rotations (or Hip Steps) |
| Seated Ankle Rotations |
| Seated Ankle Point/Flex |
| Deep breathing | 1 min |

**Phase 2 – Weeks 5-8**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Exercises** | **Week 5** | **Week 6** | **Week 7** | **Week 8** |
| **Warm-up: Seated** |  |
| Deep breathing | 1 min | 1 min | 1 min | 1 min |
| Seated Arm Hugs | 30 sec each | 30 sec each | 30 sec each | 30 sec each |
| Seated Hip Rotations (or Hip Steps) |
| Seated Ankle Rotations |
| Seated Ankle Point/Flex |
| **Warm-up: Standing** |  |
| March (with arm swings if possible) | 30 sec each | 30 sec each | 30 sec each | 30 sec each |
| Active Calf/Hip Flexor Stretch Behind Chair |
| Torso Rotation w/ arms punch |
| **Sensory, Strength & Gait Workout** |
| **DAY 1** |
| Standing Shifting Eyes L to R (head forward) | 60 sec eachAdd March @ 30 seconds (hands on chair if needed) |
| Standing w/ Rotating Head (eyes forward) |
| Chair Squats w/ forward reach | 3x10 | 3x10 | 3x15 | 3x15 |
| Standing 2-arm tubing press or DB underhand front raise | 3x10 | 3x10 | 3x15 | 3x15 |
| Standing 2-arm tubing stretch or DB cobra | 3x10 | 3x10 | 3x15 | 3x15 |
| Side squat w/ same side arm reach | 90 sec | 90 sec | 90 sec | 90 sec |
| Ball Pass Around Circle, Feet Staggered1 ball Wk 5&6, 3 balls Wk 7&8 | 2x eachdirection | 2x eachdirection | 4x each direction | 4x each direction |
| Ladder – Lateral High Stepping | 2x thru | 2x thru | 2x thru | 2x thru |
| Partner Squat & Ball Pass – Side-By-Side Switch Sides Each Set | 2x10 each | 2x10 each | 2x20 each | 2x20 each |
| **DAY 2** |
| Standing Shifting Eyes L to R (head forward) | 60 sec eachAdd March @ 30 seconds (hands on chair if needed) |
| Standing w/ Rotating Head (eyes forward) |
| Chair Squats w/ forward reach | 3x10 | 3x10 | 3x15 | 3x15 |
| Standing tubing curl or DB curl | 3x10 | 3x10 | 3x15 | 3x15 |
| Standing tubing extension or DB kickbacks | 3x10 | 3x10 | 3x15 | 3x15 |
| Side squat w/ same side arm reach | 90 sec | 90 sec | 90 sec | 90 sec |
| Ball Pass Around Circle, Feet Staggered1 ball Wk 5&6, 3 balls Wk 7&8 | 2x eachdirection | 2x eachdirection | 4x each direction | 4x each direction |
| Ladder – Lateral High Stepping | 2x thru | 2x thru | 2x thru | 2x thru |
| Partner Squat & Ball Pass – Side-By-Side Switch Sides Each Set | 2x10 each | 2x10 each | 2x20 each | 2x20 each |
| **Cool-Down: Standing** |  |
| March (with arm swings if possible) | 30 sec each |
| Active Calf/Hip Flexor Stretch Behind Chair |
| Torso Rotation w/ arms punch |
| **Cool-Down: Sitting** |  |
| Seated Arm Hugs | 30 sec each |
| Seated Hip Rotations (or Hip Steps) |
| Seated Ankle Rotations |
| Seated Ankle Point/Flex |
| Deep breathing | 1 min |

**Phase 3 – Weeks 9-12**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Exercises** | **Week 9** | **Week 10** | **Week 11** | **Week 12** |
| **Warm-up: Seated & Standing** |  |
| Deep breathing (Seated) | 1 min | 1 min | 1 min | 1 min |
| Standing Horizontal Add/Abduction (Hugs) | 30 sec each |
| Standing Hip Rotations |
| Standing Ankle Rotations |
| Standing Ankle Point/Flex |
| March (with arm swings if possible) |
| Active Calf/Hip Flexor Stretch Behind Chair |
| Torso Rotation w/ arms punch |
| **Sensory, Strength & Gait Workout** |
| **DAY 1** |
| Standing Shifting Eyes L to R (head forward) | 60 sec eachMarching Full Time (with hands on chair if needed) |
| Standing w/ Rotating Head (eyes forward) |
| Chair Squats w/ arms across chest | 3x20 | 3x20 | 3x25 | 3x25 |
| Standing 1-arm tubing press or DB underhand front raise | 3x10 each | 3x10 each | 3x15 each | 3x15 each |
| Standing 1-arm tubing stretch or DB cobra | 3x10 each | 3x10 each | 3x15 each | 3x15 each |
| Side squat w/ cross arm reach | 120 sec | 120 sec | 120 sec | 120 sec |
| Ball Pass Around Circle, Feet Tandem1 ball Wk 9&10, 3 balls Wk 11&12 | 2x eachdirection | 2x eachdirection | 4x each direction | 4x each direction |
| Ladder - Diagonal High Stepping to Balance | 2x thru | 2x thru | 2x thru | 2x thru |
| Partner Squat & Ball Pass – Side-By-Side Low to High, Switch Sides Each Set | 2x10 each | 2x10 each | 2x20 each | 2x20 each |
| **DAY 2** |
| Standing Shifting Eyes L to R (head forward) | 60 sec eachMarching Full Time (with hands on chair if needed) |
| Standing w/ Rotating Head (eyes forward) |
| Chair Squats w/ arms across chest | 3x20 | 3x20 | 3x25 | 3x25 |
| Standing 1-arm tubing curl or DB curl | 3x10 each | 3x10 each | 3x15 each | 3x15 each |
| Standing 1-arm tubing extension or DB kickbacks | 3x10 each | 3x10 each | 3x15 each | 3x15 each |
| Side squat w/ cross arm reach | 120 sec | 120 sec | 120 sec | 120 sec |
| Ball Pass Around Circle, Feet Tandem1 ball Wk 9&10, 3 balls Wk 11&12 | 2x eachdirection | 2x eachdirection | 4x each direction | 4x each direction |
| Ladder - Diagonal High Stepping to Balance | 2x thru | 2x thru | 2x thru | 2x thru |
| Partner Squat & Ball Pass – Side-By-Side Low to High, Switch Sides Each Set | 2x10 each | 2x10 each | 2x20 each | 2x20 each |
| **Cool-Down: Standing** |  |
| March (with arm swings if possible) | 30 sec each |
| Active Calf/Hip Flexor Stretch Behind Chair |
| Torso Rotation w/ arms punch |
| **Cool-Down: Sitting** |  |
| Seated Horizontal Add/Abduction (Arm Hugs) | 30 sec each |
| Seated Hip Rotations (or Hip Steps) |
| Seated Ankle Rotations |
| Seated Ankle Point/Flex |
| Deep breathing | 1 min |