

BONESENSE on...

Balance

Balance screening

Single leg stand: An indication of your risk of falling*

Directions: Stand near a chair or wall. Pick up your leg and hold it off of the ground while someone times you.

How long can you balance while holding your leg off of the ground?

38 seconds	24 seconds	18 seconds	11 seconds
Excellent	Good	Fair	Poor

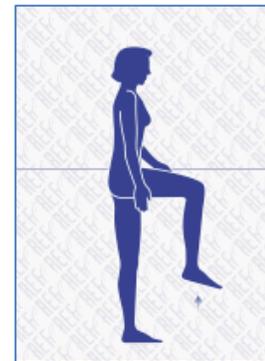
**Inability to stand on dominant leg for 11 seconds is predictive of injurious fall risk.*

Notes

Do this exercise to increase hip strength and range of motion.

- Use a chair or table to steady yourself.
- While keeping your upper body upright, lift your knee until your thigh is parallel to the ground and your knee is bent to 90 degrees.
- Hold for a count of two.
- Slowly lower your leg.

Repeat 8 times with each leg.



BONESENSE on...

Strength

Strength screening

Chair rise test: An indication of lower body strength*

Directions: Sit in a chair. Without using your hands, stand and sit five times while someone times you.

How long does it take you to sit and stand five times?

10 seconds	12 seconds	14 seconds	16 seconds
Excellent	Good	Fair	Poor

**A poor performance is an indication of inability to live independently.*

Notes

Do this exercise to strengthen hips and thigh muscles and promote the ease of getting up

- With your feet shoulder width apart sit down on the edge of a chair.
- With your feet in front of your knees, stand up.
- While keeping your back straight and sticking out your rear end, begin to sit by hinging forward at the hip.
- Remember! Keep your feet in front of your knees.
- Lightly touch your rear end to the chair and then stand up again.

Repeat 8 times.

