



A recap from Vivo Community Conversation – From Fit To Frail: Balance Training Is For Everyone!

Dr. Christian Thompson
Owner, Thompson Fitness Solutions
Associate Professor, Department of Kinesiology, University of San Francisco
chris@mobilitymatters.fit

Take Home Points

- All bodily systems and functional capacities decline on varying trajectories during later life
 - Exercise can reduce the rate of decline but adaptations are specific to the type of exercise performed
 - Older adults must strive to be JACKS/JILLS OF ALL TRADES!
- Falls are a public health crisis in older adults and are the leading cause of accidental disability and death in people over 65
 - Falls do not only happen to frail older adults – highly active older adults also are significantly elevated risk
 - Changes to the physiology of the body with aging, even in absence of disease, is a major risk factor
- Balance is a complex concept that means different things in different situations (i.e., static vs. dynamic balance)
 - Factors that contribute to balance maintenance are multifactorial
 - A well-developed exercise program for balance improvement need to include exercises for Joint Mobility, Sensory Stimulation, Muscle Strength/Power, Static/Dynamic Balance and Gait Enhancement
 - Exercises must be progressed or regressed depending on the capability of the person (Use the 75% Rule – can complete an exercise perfectly with good form and concentration 75% of the time)

Exercises (2 sets of 45 seconds per side)

Joint Mobility: Hip Bumps

Sensory Stimulation: Marching Head Turns

Muscle Strength : Foot Stomps

Static Balance: Staggered Stance Rotations

Dynamic Balance: Sideways Hops

Gait Enhancement: Side Steps w/ Hip Drop