

# GENERAL EXERCISES FOR FALLS PREVENTION

THESE EXERCISES WILL HELP STRENGTHEN YOUR LOWER LIMB  
MUSCLES AND INCREASE CIRCULATION TO IMPROVE MOBILITY AND  
PREVENT THE RISK OF HAVING A FALL

EXTENDED LEG LIFTS



ANKLE ALPHABET RANGE OF  
MOTION



SIT TO STAND



PEG PICK UP



SIDE LEG RAISES



HALF SQUATS

