

Balance Training for the Elderly

GOLDSBORO SPINE CENTER

Whether you are in the 65 or older crowd today or a not, chances are you know someone who is. And, as much as you may try to fight it, someday you will be too! Nowadays, "growing old gracefully" means more than it used to, because falling is the leading cause of death among people age 65 or older.

¹ The fact is balance is something that begins to fail as we grow older.

Unless we take steps to improve or maintain our balance, we may end up as one of the unfortunate statistics after a fall.

Though there are numerous exercise programs available for the elderly, many of these utilize fixed-axis machines, which may help with age-related decreases in muscle mass and strength, but offer inadequate loading of the **spine and long bones** and do almost nothing to improve balance or functional strength on your own feet.

To be successful in any **balance-improving training program**, people must perform movements that closely approximate their everyday activities and those movements that commonly result in falls. **Our office provides complimentary assessments to determine your needs.**

Seated Posture Trainer

The Seated Posture Trainer will help you develop an **increased sense of proprioception (body awareness)** while learning proper seated postural alignment.

To perform the Seated Posture Trainer, sit on a properly sized Swiss ball and, while holding a neutral curve in your lower back, gently draw in your belly button while sitting in good posture. As you become more confident with this exercise, one foot can be lifted off the ground, shifting your center of gravity and increasing the amount of balance you need. (Figure 1)



Figure 1

With our care your posture, your balance, and confidence should improve! Eventually, you should be able to sit on the ball with good upright posture for one minute without allowing your feet to touch the ground.

Conclusion

Our office program provides this and much more for those interested in improving their total health and wellness. Whether or not you've reached the "Golden Years," these exercises will do wonders toward maintaining a good sense of balance and prevent you from becoming a statistic.