



# Falls and Stroke

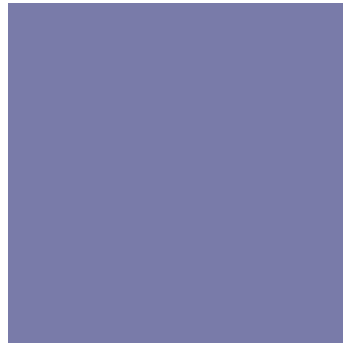


A guide to  
preventing falls  
after stroke



The days and weeks after a stroke  
can be stressful...

**This pamphlet will give you an overview of falls and stroke,  
and ways to prevent falling to keep you safe during and after  
your stay in the hospital.**



# Frequently Asked Questions

*Why does my stroke make me more likely to fall?*

- Feeling off-balance
- Muscle weakness in the legs can cause tripping
- Stress about health
- Urges to go to the bathroom
- Problems with vision

*What will happen if I do fall?*

- You could break your hip
- You could bump your head, arm, or leg, causing injury
- Your medicine that prevents your blood from clotting could cause you to have large amounts of bleeding

*How can I keep from falling?*

- Participate in physical and occupational therapy
- Always ask for help if you don't feel confident in your ability to stand up or move to the bed from your wheelchair
- Wear non-slip socks or shoes
- Do your home exercises!

## + Home Exercise Program to Prevent Falls After Stroke

\*\*Perform these exercises at home once daily. If you feel unsteady, have a family member nearby for assistance.



### **Marching In Sitting**

Sit in a chair with a solid back. Lift one leg up like you are marching in place. Lower your leg to the ground and switch. Repeat **15-20 times** per leg.



### **Standing Abduction**

Stand in front of a kitchen counter. Bring leg out to side with toes pointed forward. Return to floor. Switch legs. Repeat **15-20 times** per leg.

# + Home Exercise Program to Prevent Falls After Stroke

\*\*Perform these exercises at home once daily. If you feel unsteady, have a family member nearby for assistance.

## Sit-to-Stand

**\*\*IMPORTANT:** Do this exercise with the assistance of a family member.

Sit in a chair with a solid back. Lean forward from the hips and press through the feet to stand up. Sit back down into the chair. Repeat **10-15 times**



## Tandem Stance

Stand with one foot in front of the other. Hold on to table or stable chair if you feel unsteady. Stay in this position for **20-30 seconds**. Switch legs and repeat.