**Discussion Board Instructions**

Initial Post: While there are many interventions that would be appropriate in order to address the impairments, activity limitations and environmental factors in this scenario, please focus on what types of exercise-based interventions would be appropriate for this case.  The post should be short, no more than a single paragraph. Please post by the end of the day on **Wednesday April 8th**.

Response post: Read through the initial postings made in your group.  Please reply to one classmate and provide a suggestion for progressing exercises/modifying exercises for home.  Also, include any concerns you may have about preparing this patient for discharge and independence with an HEP. Again, posts should be short, no more than a single paragraph. Please make a response post by the end of the day on **Sunday April 12th.**

Older Adult Lab post: Post a "new conversation" within your group. Please include a very brief description of your older adult, whether you identified a falls risk (if so, using which tool), and suggestions for appropriate exercises that might help to improve performance on this measure and/or reduce the risk of falls. Please post about your older adult lab experience by the end of the day on **Saturday April 18th.**

**Case Scenario**

Mrs. M is an 83 yo female who has been referred by her doctor for general deconditioning.  During the history, she reveals that she recently started using a cane at times because she feels just a little weak and off balance. While she has maintained most of her normal social activities, she informs you that one of her goals is to be able to participate in more active social gatherings. She currently lives alone in her apartment in a retirement community.  Upon examination you note that she has decreased strength in both LEs, uses her arms to stand up from a chair, and scores a 44/56 on the Berg Balance Scale with lower scores on the following items: SLS, alternating stairs taps, tandem stance, forward reach, and looking back over her shoulder.