

# Otago Exercise Program

## *Reducing Falls by 40%*



### OTAGO EXERCISE PROGRAM

- Developed and tested by the New Zealand Falls Prevention Research Group
- Measured to reduce the rate of falls by 35 to 40%
- Recognized by the CDC

First in the region to offer the Otago Exercise Program to home care patients - **Peninsula Home Care** is implementing an evidence-based intervention program designed specifically to prevent falls by up to 40%.

Young or old - everyone has fallen down before. For older adults, it isn't always easy to get up and brush it off. With falls come serious consequences - a hip fracture or head trauma that can ultimately lead to a trip to the hospital or an early nursing home admission.

The rationale behind the Otago Exercise Program is that while muscle strength, flexibility, balance and reaction time are risk factors for falls, they can easily be improved. The program includes seventeen different exercises aimed at improving strength and balance for patients.



*Going above and beyond for you!*

**Wicomico & Somerset Counties 410-543-7550**

**Worcester County 410-208-4828**

**Sussex County 302-629-4914**

[www.PeninsulaHomeCare.com](http://www.PeninsulaHomeCare.com)

# Otago Exercise Program

## One Year Program



Otago exercises prescribed three times a week include:

**Sit to Stand**  
**Knee Bends**  
**Backwards Walking**  
**Toe Walk**

*"Peninsula Home Care is our go-to partner. When an individual is homebound, weak and frail, implementing this program in the home, one-on-one, is ideal. We are fortunate to have a home health care agency partner in our community that is dedicated to having its physical therapists trained and certified to implement the Otago program with patients."*

Sue Lachenmayr,  
Programs Director,  
Living Well Center of Excellence,  
MAC Incorporated

Initial evaluation and exercise prescription done by a physical therapist

5 to 6 visits from a PT over 8 weeks to evaluate and progress the program

Discharge the patient to a self-management program

Optional monthly PT calls and visits at 6, 9 and 12 months

Patient to perform balance and strength exercises 3 times a week independently

Walking program assigned 3 times a week for up to 30 minutes