

Offer your patients an opportunity to maintain the fullest possible participation in life's activities with less fear of injury.

FallProof™ was recognized in 2003 by the National Council on Aging as one of seven exemplary model programs promoting healthy aging and improved quality of life.

Developed by Debra Rose, Ph.D. Director of the Center for Successful Aging at CSU, Fullerton and a Professor in the Division of Kinesiology and Health Science. She is widely published in the areas of motor control and balance research, and is a frequent speaker in the areas of fall-risk reduction, balance and mobility.

Instruction in FallProof™ is provided by Jacqueline Sinke, certified FallProof™ Balance and Mobility Specialist, ACSM Health Fitness Specialist, ACSM/ACS Cancer Exercise Trainer, ACE Gold Certified Health & Fitness Specialist, ACE Personal Trainer, AASDN Nutrition Specialist, and IDEA Master Personal Trainer. Jacqueline Sinke has over 19 years of professional experience in the health and fitness field and owns Fitness & Function LLC.

FITNESS & FUNCTION LLC

NW Mobile Health and Fitness Professionals

503-267-1030

fitnessfunction@comcast.net

visit us at

www.FitnessAndFunction.com

Our mailing address:

4804 NW Bethany Blvd.

Suite 12 #167

Portland, OR 97229

Falls Take a Staggering Toll

Falls are the leading cause of accidental injury in older adults

Every year, one third to one half of the population age 65 and over experiences falls.

In Oregon the number of falls increase dramatically between ages of 70 and 86.

The rate of fatal falls for Oregon seniors was nearly double the national average in the past 5 years.

Unintentional falls caused 77% of all fractures among Oregon seniors, 50% of these were hip fractures.

61% of fatal falls occur at home.

Loss of balance is not just a fact of life as we grow older.

Recent studies show that those most at risk of falling can often be identified and helped.

Balance and mobility retraining can be instrumental in maintaining or re-establishing stability and continued independent living.

Most falls can be prevented.

FallProof™



balance & mobility training



A multidimensional approach to the assessment and treatment of balance and mobility related problems

fitness
function

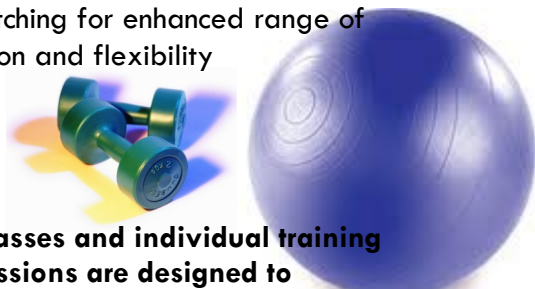
NW Mobile Health & Fitness Professionals

FallProof™ is scientifically tested and shown to improve balance and mobility and to reduce the risk of falls.

features

Structured individualized and progressive program of activities specifically designed to address the multiple dimensions that contribute to balance and mobility, and to target the important intrinsic risk factors associated with increased fall risk.

- ▶ Screening with Pre- and Post- Assessment Testing and Interval Testing
- ▶ Center of Gravity Control Training
- ▶ Multisensory Training
- ▶ Postural Strategy Training
- ▶ Gait Pattern Enhancement and Variation Training
- ▶ Resistance Training exercising muscle groups surrounding ankle, knee and hip joints as well as exercises specifically to enhance posture and upper body strength.
- ▶ Stretching for enhanced range of motion and flexibility



Classes and individual training sessions are designed to challenge the participant's balance in a safe environment.

Maintaining a high level of balance, mobility and physical function is essential to having a healthy and active lifestyle.

benefits

Your patients will see results. The FallProof™ program has been proven to reduce the risk of falling in participants who have completed one or more rotations of the program.

Participants will enjoy full participation. All the activities can be modified to accommodate individual capabilities.

The goal of FallProof™ is to:

- ▶ Improve postural alignment
- ▶ Increase limits of stability
- ▶ Improve integration of sensory information
- ▶ Increase confidence
- ▶ Improve performance of activities of daily life
- ▶ Heightened awareness of risk factors and circumstances
- ▶ Improve seated, standing, and moving balance
- ▶ Improve walking ability
- ▶ Improve ability to recover from loss of balance
- ▶ Improve muscle strength, flexibility and range of motion.

We understand your health and wellness are among your most important assets and that your personal time is precious.

We are mobile and bring wellness home to you.

Visit us at

www.FitnessAndFunction.com

Is Your Patient a FallProof™ Candidate?

eligibility

- ▶ Exhibits balance impairment, history of falls, fear of falling, frailty, restricts activities
- ▶ Complaints of instability during daily activities
- ▶ Suffers from medical conditions that compromise balance and mobility
- ▶ Community dwelling
- ▶ Able to stand independently for a minimum of two minutes
- ▶ Able to safely ambulate a distance of 200 feet without the use of any assistive device
- ▶ Has no cognitive impairment to adversely impact judgment and/or decision making abilities.
- ▶ Does not have any unstable medical condition (e.g. uncontrolled diabetes, cardiovascular disease, high blood pressure or asthma).

one-on-one training and group programs

Individualized one-on-one FallProof™ for higher risk patients is available.

Group classes are offered at THPRD Elsie Stuhr Center, Beaverton, Oregon (currently as Essential Balance & Mobility, and in the future as FallProof™ Essential Balance & Mobility training program).

In-home FallProof™ personalized program is available through our mobile wellness service.