



## Are participants of balance programs achieving a reduction in falls risk?

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### Introduction

Falling is a significant issue, especially amongst older individuals or those with neurological issues, and is a substantial cause of morbidity.



### Aim

To determine if the RMH outpatient balance groups are reducing participant falls risk.



### Method

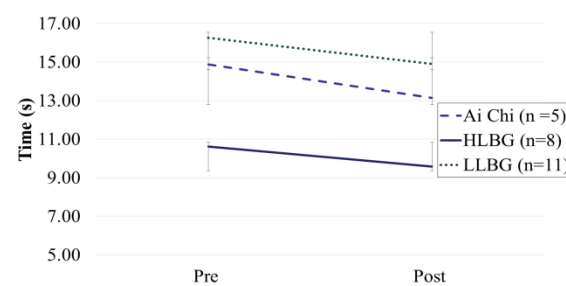
At present 24 participants have completed a 10 week, twice weekly land or water-based exercise physiology led balance program. TUG, 5xSTS, Falls Efficacy and walking speed were assessed pre- and post-group participation.

**Inclusion Criteria:** Able to complete dynamic step test  $\emptyset$  upper-limb support. Able to safely participate in group.

**Exclusion Criteria:** unable to give consent, failure to attend a minimum of 75% of classes.

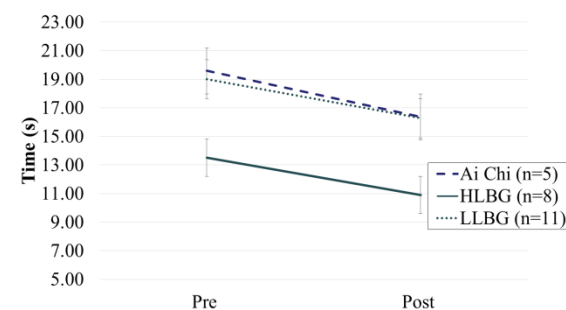
### Results

Timed-up and Go: Mean Pre and Post Times



Comparison between Pre and Post Group TUG. Mean  $\pm$  SD

Five-Time Sit-To-Stand: Pre and Post Times



Comparison between Pre and Post Five-Time Sit-to-Stand scores. Mean  $\pm$  SD

### Conclusion

In conclusion, participation in one of the ten-week group exercise balance programs provided by the Royal Melbourne Hospital outpatient service improves participant dynamic balance and lower-limb strength regardless of group type. However, no significant impact was demonstrated in walking speed or falls confidence.



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