



CQUNIVERSITY ROCKHAMPTON HEALTH CLINIC

'BALANCE 4 LIFE' FALLS AND BALANCE CLASS



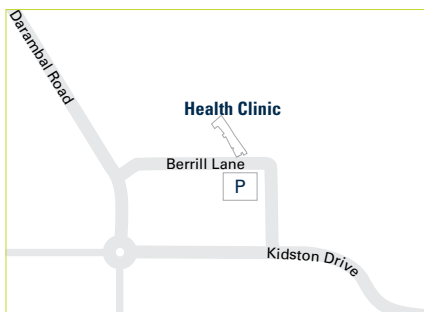
WHAT IS THE PROGRAM?

The 'Balance 4 Life' program is an eight week physiotherapy exercise class held at the CQUniversity Health Clinic North Rockhampton campus. This class is designed to decrease your risk of falls or near misses by:

- » Reducing disability and fear associated with falling
- » Improving mobility and independence
- » Improving confidence with activities of daily living
- » Increasing strength and proprioception
- » Self-management strategies for falls prevention
- » Weekly educational sessions led by various allied health professionals

You will receive an initial appointment to assess your suitability for the class including a physical assessment and questionnaires.

If you are assessed as both suitable and safe to participate you will be included into this program. Classes will be led by 3rd and 4th year physiotherapy students on their clinical placements and supervised by a senior physiotherapist with AHPRA registration. Additionally, education sessions will be



presented weekly by various allied health professionals to provide strategies to decrease your risk of falls.

On completion of the program a final physiotherapy appointment will reassess your progress. A referral letter will be written back to the referring practitioner if required.

THIS PROGRAM IS FOR

- » No age cut offs
- » Participants experiencing > 1 fall per year or > 3 near misses per year
- » Participants experiencing declining balance, mobility or a fear of falling associated with age, previous injuries or chronic pain.
- » Participants requiring the assistance of mobility aids

ELIGIBILITY CRITERIA

- » Completed an initial assessment at the student-led Physiotherapy CQUniversity Health Clinic and assessed as safe to participate.
- » Ability to get down onto and off either the floor or bed/chair.
- » No open wounds or recent surgeries
- » No uncontrolled pulmonary, cardiac or neurological conditions.
- » Appropriate level of cognitive function to follow instructions and engage in the program safely.
- » Medical clearance provided by your GP if required.
- » Be able and willing to participate in supervised group exercise classes and perform prescribed exercises/activity with relative independence.

REFERRAL

- » Central Queensland community patients = no referral required.
- » External referrers = referral from your GP, SACCR clinic or other health professional.

WHAT TO EXPECT

Each class will have a maximum of six participants incorporating;

1. Warm up
2. Strengthening and balance exercise circuit
3. Warm down
4. Education session led by a health professional after each class for approximately 30 minutes with questions encouraged by all participants.

PRICES

Initial Session _____ \$30
Eight week program _____ \$10 per session
Reassessment _____ \$30

YOU NEED TO BRING

- » Towel
- » Water bottle
- » Comfortable exercise clothes
- » Enclosed and lace-up joggers
- » Mobility aid if required.

APPOINTMENTS

Please arrive at least 15 minutes prior to your scheduled appointment to register your attendance.

Please provide the names and dosage of any medications you are presently taking for your initial consultation.

Please always advise students and staff of any changes in your health, medications and treatment programs since your last attendance.

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