Build Balance and Boost Confidence!

Women's Health Initiative Webinar 01/15/25

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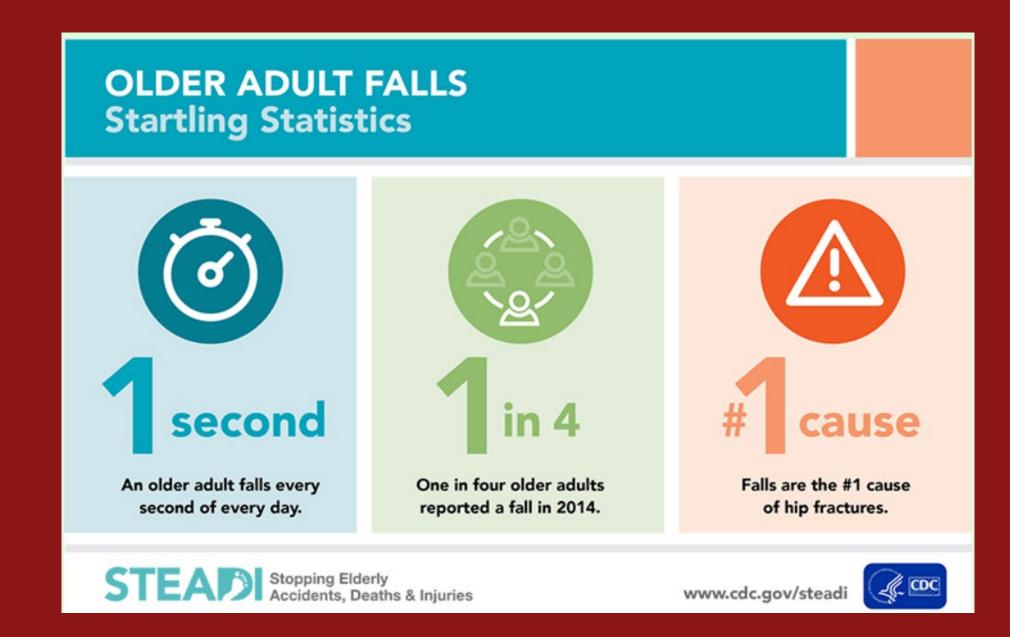
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Why do you care about your balance?







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How does balance relate to falls?

- A fall happens when we lose our balance
- Why do we lose our balance?
 - Age (starting at 50)
 - Weak muscles
 - Poor vision
 - Orthopedic issues (e.g. arthritis)
 - Balance problems
 - Problems with cognition
 - Problems with sensation
 - Low blood pressure when standing
 - Certain medications
 - Alcohol use
- Our environment!





True or False?

Poor balance is an unavoidable consequence of aging





FALSE!

Balance exercise training can reduce falls by 23%

Tai Chi can reduce falls by 19%





What is balance?

- the ability to distribute your weight in a way that lets you stand or move without falling, or recover if you trip
- 3 systems that send messages to your brain → activate muscles to keep you upright







Vestibular

Vision

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Proprioception

Your turn! – stand or sit with your feet together



Which one is more difficult for balance – walking on the sidewalk or walking on sand?



How can I improve my balance today?

- To improve, you need to challenge the system!
- Should incorporate balance training **2-3 times per week**
- What do I do already that works on my balance?



- Tai chi
- Yoga
- Exercise class that includes balance training
- Walking on an uneven surface like the beach, grass, or a trail
- ... Enter more ideas in the chat!
- What can I reasonably add to my life?

3 Exercises to Improve Balance

- Sit-to-stand (3 sets x 10 repetitions)
 Too easy? Use a lower chair, perform a squat
 Too hard? Use pillows to make the chair higher, use arm rests on chair
- 2. Double leg or single leg balance (3 x 30 seconds) Too easy? Close your eyes, stand on a yoga mat, stand on one leg Too hard? Stand with a wider base of support
- 3. Walking heel-to-toe (3 x 30 seconds)Too easy? Close your eyes, walk backwardsToo hard? Walk with you feet wider apart







The best exercise is the one that you do!

Thank you! Questions?

I STARTED A NEW EXERCISE ROUTINE. EVERYDAY I DO DIDDLY-SQUATS.

