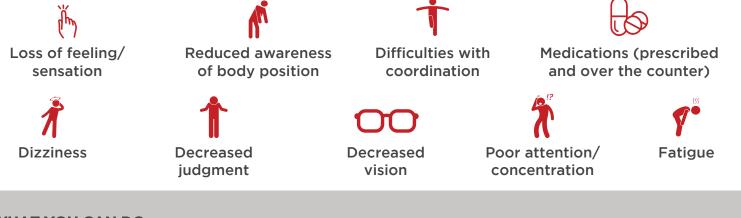
BALANCE AND FALLS POST STROKE

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~40% of all stroke survivors will fall within the first year

Balance is complex and involves many different parts of our bodies working together

POST STROKE YOUR BALANCE MAY BE AFFECTED BY ONE OR MORE OF THE FOLLOWING:



WHAT YOU CAN DO:

- Know your limits/ ask for help
- Use techniques/ equipment recommended by your health care provider
- Wear non slip low-heeled shoes
- Move slowly
- Remove obstacles/clutter

- Have good lighting
- Focus on what you are doing
- Have your vision tested regularly
- Talk to your pharmacist or doctor about your medications and falls

THINGS TO THINK ABOUT WHEN GOING OUTSIDE THE HOME:



EXERCISE EVERY DAY TO IMPROVE AND MAINTAIN YOUR BALANCE AND REDUCE YOUR RISK FOR FALLS! **FOR MORE INFORMATION SPEAK WITH YOUR HEALTH CARE PROVIDER.**

