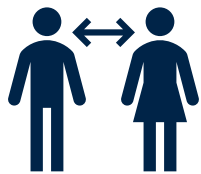




Telehealth for **F**alls and **F**racture
Prevention **I**mplementation Trial



Dr Jenny Gianoudis

speaking with

Professor Robin Daly

Client Instructional Video



Photos courtesy of TeleHab (VALD Health) <https://valdhealth.com/>

Understanding your TeleFFiT
STEADY Exercises



KEY EXERCISE COMPONENTS



Exercise to optimize bone and muscle strength



Exercise to improve mobility and reduce falls risk



Exercise to improve posture and protect the spine



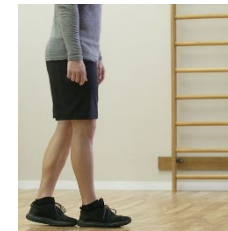
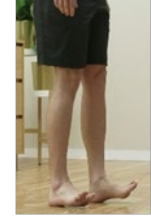
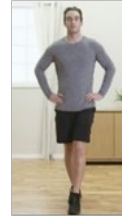
Daily weight-bearing “activity snacks” to load bones

STEADY: *Exercise Goals*



Goals of the STEADY training:

- Improve **static** and **dynamic balance** (mobility) to optimise function during everyday activities of daily living.
 - Improve **stepping performance** and the ability to **recover** from a loss of balance.
 - The STEADY exercises should be **challenging** e.g., place you at the edge of your balance or functional ability.
-



TELEHAB
EXERCISE PRESCRIPTION APP

Photos courtesy of TeleHab (VALD Health) <https://valdhealth.com/>

Example of Balance Exercise Progression

Static balance



- Supported or unsupported
- Add head turning
- Add alternate arm lifts
- Perform with eyes closed
- Add other secondary tasks

Weight shifts



Changing centre of gravity



Step up/down

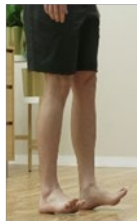
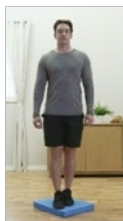
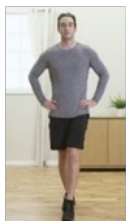


Dynamic mobility and stepping



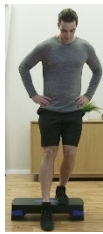
Photos courtesy of TeleHab (VALD Health) <https://valdhealth.com/>

STEADY: Training Dose



TELEHAB

EXERCISE PRESCRIPTION APP



2 sets
of 10-50
reps or
10-60
seconds

Dose – How Much?

- For each program you will be prescribed at least **two STEADY** exercise per session (plus some Steady exercises will be included in **warm-up**).
- You will complete each exercise **twice (2 sets)** and performed between **10-50 reps** or for a duration of **10-60 seconds** for each exercise.

STEADY

How Challenging?



- Designed to place you at the edge of your balance or functional ability.
- Participants should consider the question: *How hard did you have to work to keep your balance during this task?*
- Use the 10-point RPE scale available on the TeleHab app to rate your STEADY training intensity. Aim for 5-8 on RPE scale = 'hard to very hard'.



You need to take one or more steps to keep your balance during exercise



You need to move your arms or grab and hold something to keep your balance during exercise



You feel unsteady during the exercise



You feel yourself holding any part of your body stiff or rigid to keep your balance during exercise

Rating or Perceived Exertion (RPE)

How hard did you have to work to keep your balance during this task?



STEADY

How Challenging

How difficult was this exercise to complete?

0	Nothing at all
0.5	Very, very light
1	Very light
2	Light
3	Moderate
4	Somewhat hard
5	Hard
6	
7	Very hard
8	
9	
10	Very, very hard

Optus AU 11:37 am 69%

Squat on a foam pad (exercise band, arms...

How would you rate your pain out of 10?

Please scroll to select pain level

0/10 - No pain at all

1/10

How difficult was this exercise to complete?

4 - Somewhat hard

5 - Hard

6

Exercise Summary

TELEHAB
EXERCISE PRESCRIPTION APP

STEADY: Training Progression



To make exercises more challenging, any of the following elements can be manipulated.



- Base of support
- Shifting weight
- Support surface
- Sensory input
- Speed of movement
- Multi-tasking
- Stepping & dynamic
- Combination



Static balance – change base of support | add foam pad



Rapid stepping
(eyes open or
eyes closed)

Side leg
raises with
eyes closed

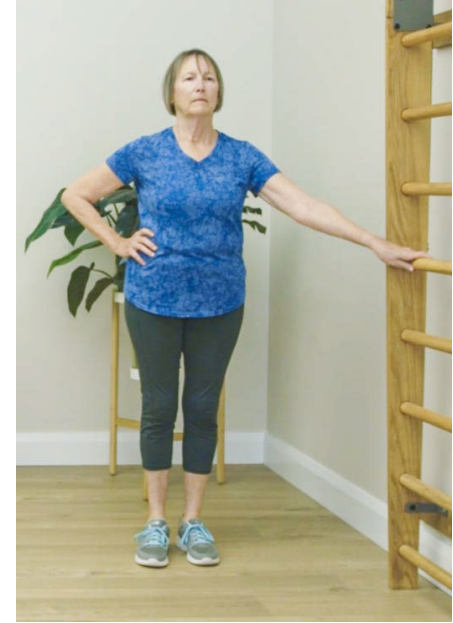
Balance on
foam pad while
tossing a ball

Photos courtesy of TeleHab (VALD Health) <https://valdhealth.com/>

STEADY: *Safety Essential*



Safety is your first priority so ensure your exercise space is free of clutter (trip hazards) and perform your exercise with support if needed (e.g., close to a wall)





Consult your **Exercise Physiologist** if you have any questions about your program