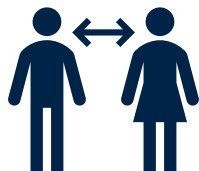




Telehealth for **F**alls and **F**racture
Prevention **I**mplementation Trial



Dr Jenny Gianoudis

speaking with

Professor Robin Daly

Client Instructional Video



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

Understanding your TeleFFiT
Activity Snack Exercises



Key Exercise Components



Exercise to optimize bone and muscle strength



Exercise to improve mobility and reduce falls risk



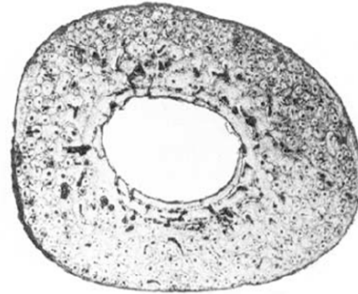
Exercise to improve posture and protect the spine



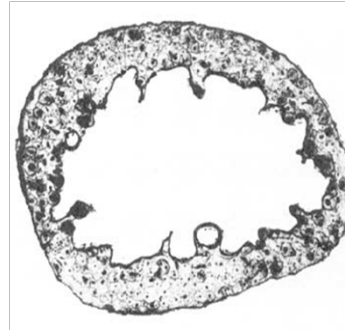
Daily weight-bearing “activity snacks” to load bones

Bone Adaptation: *Bones Like Stress!*

Bones will adapt their structure and strength to increased loading to meet the functional demands placed upon them.



**Normal
bone**

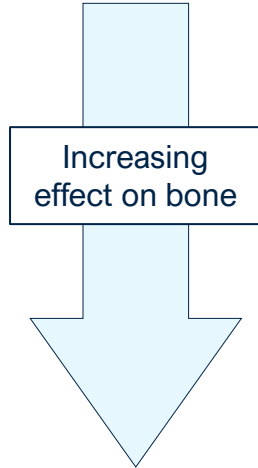


**Bone loss
(disuse)**

Weight-bearing Impact Exercise



Level of Load by
Body Weight (BW)



<0
Body weight

1.0 BW Standing

1.2 – 2.4
Body weight

2.1 – >5.0
Body weight



Swimming
Cycling



Lunge
Walking
Running



Stomping
Skipping
Jumping

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

Daily Activity Snacks



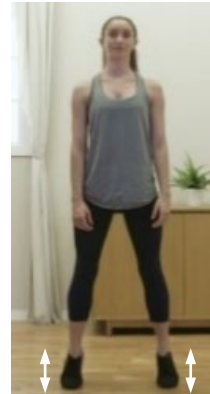
Short bouts of weight-bearing impact exercise: 3-4 minutes per day



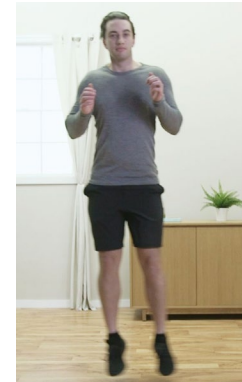
Marching
on the spot



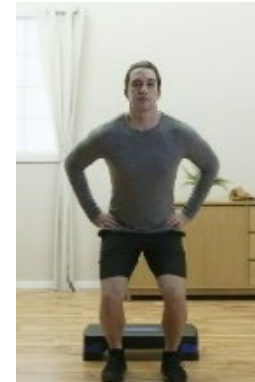
Side to side
stepping



Standing
heel drops



Vertical or side to
side mini jumps

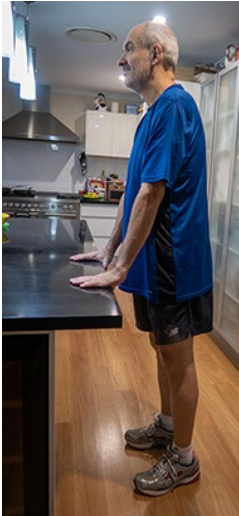


Step or drop
jumps

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

Daily Activity Snacks: *How Many?*

Perform activity snack while waiting for toast for cook or kettle to boil



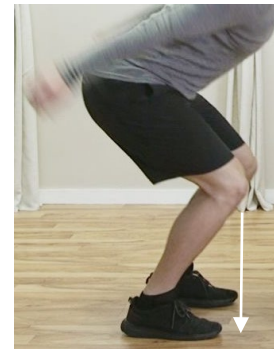
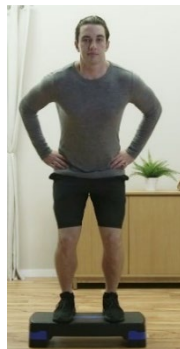
<https://habs.uq.edu.au/article/2020/04/staying-physically-active-during-isolation-tips-older-adults>

Weeks	Training Dose
1 – 4	30 impacts (3 sets, 10 reps, 1 exercise)
5 – 16	60 impacts (3 sets, 10 reps, 2 exercises)
17 – 28	90 impacts (3 sets, 15 reps, 2 exercises)
29 – 40	120 impacts (3 sets, 20 reps, 2 exercises)
41 – 52	120 impacts (3 sets, 20 reps, 2 exercises)

Activity Snacks: *Landing Technique*

Correct Landing Technique

Before commencing your activity snacks, watch our video on how to land correctly on the TeleFFIT website



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

DO NOT

- Allow the knees to buckle (roll) inwards upon landing
- Allow the shoulders to sway forward or the spine to flex
- Land flat on the feet
- Continue if you experience any pain

Daily Activity Snack Calendar

Name: _____ ID: _____ Trainers Initials: _____ Training Phase: Bronze (Weeks 5-8)

After each set, write in the number of reps completed	Mon			Tues			Wed			Thurs			Fri			Sat			Sun		
	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Week 5	Week beginning: ___ / ___ / 20__																				
High knee march	10	10	8	10	10	6	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Drop squat	10	7	8	10	7	6	10	10	10	10	8	10	10	10	10	10	10	10	10	10	10
Week 6	Week beginning: ___ / ___ / 20__																				
High knee march	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Drop squat	10	10	8	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Week 9	Week beginning: ___ / ___ / 20__																				
Lateral bounding	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Forward step up	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Week 10	Week beginning: ___ / ___ / 20__																				
Lateral bounding	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Forward step up	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Week 11	Week beginning: ___ / ___ / 20__																				

Client to write name of exercise in the space provided

Prescribed new exercises for weeks 9-12 (e.g., new exercises at the start of each month)



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