



## Übungsprogramm für Gleichgewicht und Sturzprävention

Gleichgewicht und Kraft verbessert sich durch regelmässiges Training!

Deshalb: tägliches Üben bringt Ihnen mehr Sicherheit!

### **Beachte:**

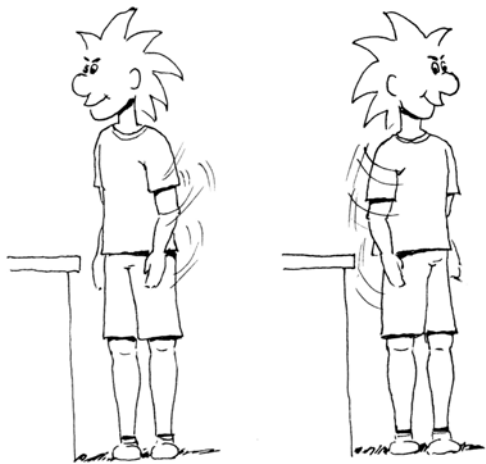
- Wählen Sie die Übungen und die Anzahl Repetitionen mit Ihrer TherapeutIn aus.
- Sorgen Sie für genügend Sicherheit:
  - sichere geschlossene Schuhe tragen
  - sichere Unterlage

### **Zusätzlich** zum Übungsprogramm:

- Tägliches Gehtraining (mindestens 20 Minuten)
- Treppen steigen

, Vi b[ Yb ZØf; `Y]W[ Yk ]WHi bX'G]bbYgcf[ UbY.

%"GhUbX'a ]h8fY\i b[ j cb?cdZi bX'CVYf\_ØfdYf.



5i g[ Ub[ gghY`i b[ .  
Gh\Yb`bYVYb`H]gWž@Uj Uvc`cXYf?ØWYbUV`U[ Y`

8i fWZØfi b[ .  
?cdZ#CVYf\_ØfdYf`bUW`fYWhg`i bX`]b\_g`XfY\Yb`

GhY][ Yfi b[ .  
· YfgHia ]h< U`hYbžXUbb`c`bY`g]W`ni `U`hYb`  
· : ØggY`gc`bU`Y`k ]Y`a Ø[ ]W`ni gUa a Yb`ghY`Yb`

5bnU\`F YdYh]h]cbYb. ....

&"Gh\Yb'a ]h[ YgW`cggYbYb`5i [ Yb`



5i g[ Ub[ gghY`i b[ .  
Gh\Yb`bYVYb`H]gWž@Uj Uvc`cXYf?ØWYbUV`U[ Y`

8i fWZØfi b[ .  
5i [ Yb`gW`Y]YggYb`i bX`gh\Yb`VY]VYb`

GhY][ Yfi b[ .  
· YfgHia ]h< U`hYbžXUbb`c`bY`g]W`ni `U`hYb`  
· : ØggY`[ Ubn`ni gUa a Yb`ghY`Yb`

5bnU\`F YdYh]h]cbYb. ....

' "5b`Cfhi; Y\Yb'a ]h[ YgW`cggYbYb`5i [ Yb`



5i g[ Ub[ gghY`i b[ .  
Gh\Yb`bYVYb`H]gWž@Uj Uvc`cXYf?ØWYbUV`U[ Y`

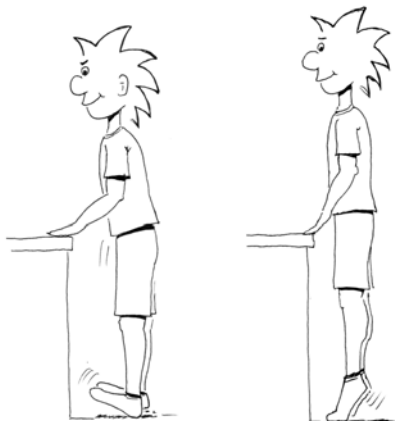
8i fWZØfi b[ .  
5i [ Yb`gW`Y]YggYb`i bX`; `Y]W[ Yk ]W`h`U`hYb`  
GcVUX'G]Y`g]W`Yf`g]bXžUb`Cfhi[ Y\Yb`

GhY][ Yfi b[ .  
· YfgHia ]h< U`hYbžXUbb`c`bY`g]W`ni `U`hYb`

5bnU\`F YdYh]h]cbYb. ....

Vi b[ Yb ZØf; `Y]W[ Yk ]W h`VY]\_ `Y]b Yf`Gh Ub XZÀW Y.

%": i gg!GWUi \_Y`



5i g[ Ub[ gghY`i b[ .`

GhY\ Yb`bYVYb`H]gWž@Uj UVc`cXYf`?ØWYbUV`U[ Y`

8i fWZØ\fi b[ .`

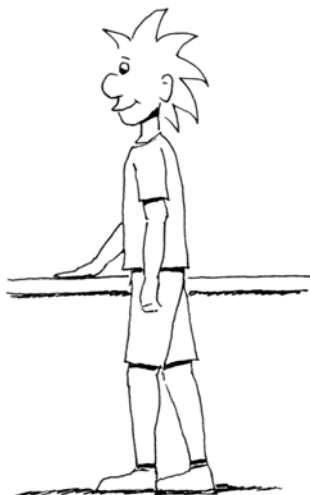
< ØZhY`bUW`j cfbY`Ž` \]bhYb`VYk`Y[ YbžUVk`YWg!  
i b[ gk`Y]gY`Ui`ZNY\ Yb`i bX: YfgYb`ghY\ Yb`

GhY][ Yfi b[ .`

` Yfg hia` ]h<`U`hYbžXUbb`c` \bY`g]W`ni` \`U`hYb`

5bnU\`F`YdYh]h]c`bYb. ....

&"`HUbXYa`ghUbX`



5i g[ Ub[ gghY`i b[ .`

GhUbX`bYVYb`H]gWž@Uj UVc`cXYf`?ØWYbUV`U[ Y`

8i fWZØ\fi b[ .`

Y]bYb: i`ggj`cf`XYb`UbXYfYb`ghY`Ybžk`Ybb`a`Ò[`]W`  
VYfØ`fhX]Y: YfgY`XYg`j`cfXYfYb: i`ggYg`X]Y`  
NY\ Ybgd]mY`XYg` \]bhYfYb: i`ggYg`

GhY][ Yfi b[ .`

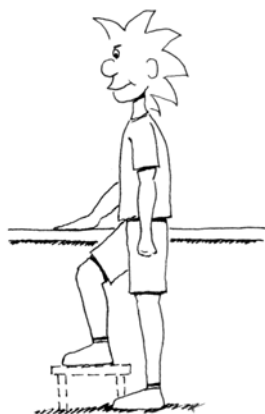
` Yfg hia` ]h<`U`hYbžXUbb`c` \bY`g]W`ni` \`U`hYb`

`5i [ Yg`W`]YggYb`

`?`cdZ`#`C`VYf`\_`Ø`dYf`bUW` ``]b`\_`g`#`Y`W`hg`XfY\`Yb`

5bnU\`F`YdYh]h]c`bYb. ....

'`"9]bVY]bghUbX`



5i g[ Ub[ gghY`i b[ .`

GhY\ Yb`bYVYb`H]gWž@Uj UVc`cXYf`?ØWYbUV`U[ Y`

8i fWZØ\fi b[ .`

U`Y]b`6Y]b`Ui`ZY]bYb`GWYa`Y`ghY`Yb`

V`Y]b`6Y]b`U\`YVYb`

GhY][ Yfi b[ .`

` Yfg hia` ]h<`U`hYbžXUbb`c` \bY`g]W`ni` \`U`hYb`

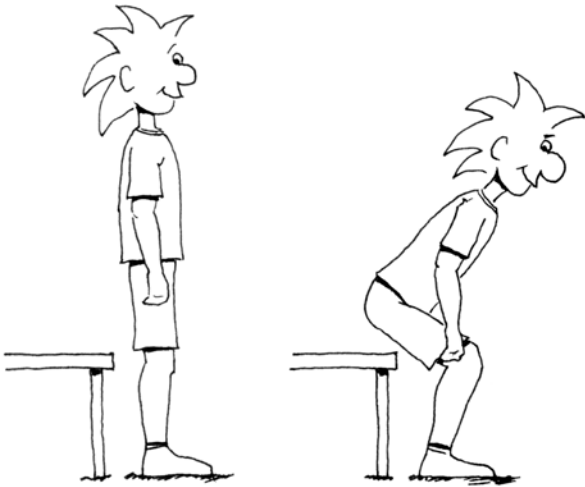
`5i [ Yg`W`]YggYb`

`?`cdZ`#`C`VYf`\_`Ø`dYf`bUW` ``]b`\_`g`#`Y`W`hg`XfY\`Yb`

5bnU\`F`YdYh]h]c`bYb. ....

, Vi b[ Yb'ni f'J YfVYggYfi b[ 'XYf'? fUZh'

%"? fAZh[ i b[ 'XYf'6Y]ba i g\_i 'Uhi f'f' b]YVYi [ YL:



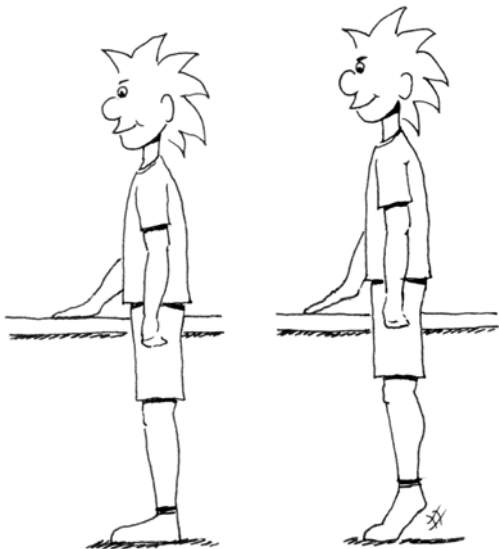
5i g[ Ub[ gghY'i b[ .  
GhY\ Yb j cf'ghUV]Ya 'Ghi \''

8i fWZØfi b[ .  
J ca 'GhUbX'gc'k Y]hk ]Y'a Ø[ 'jW ]b'X]Y<c WY'  
fk ]Y'ni a 'UVg]mYbLi bX'k ]YXYf'Ui Z]W]hYb'

6YUW]hY.  
' F ØW]Yb 'VY]Vh[ YghfYW]hfl\_Y]b 'Fi bXfØW]Yb'Ł:  
' ? b]Y'bi f'V]g'ØVYf'NY\ Ybgd]mYb'

5bnU\ 'F YdYh]h]cbYb. ....

&"? fAZh[ i b[ 'XYf': i gg! i bX'K UXYba i g\_i 'Uhi f'f'NY\ YbghUbXL:



5i g[ Ub[ gghY'i b[ .  
GhY\ Yb 'bYVYb'H]gWž@Uj Uvc 'cXYf'  
' ØW]Yb\_ca V]bUh]cb'

8i fWZØfi b[ .  
5i ZNY\ Ybgd]mYb 'ghY\ Yb i bX'k ]YXYf'ni fØW]

6YUW]hY.  
8]Y'6Yk Y[ i b[ 'XYg'? ØfdYfg'YfZc '[ hbUW]cVYb

5bnU\ 'F YdYh]h]cbYb.'

GhY][ Yfi b[ .  
5i ZY]bYa '6Y]b'ghY\ YbžUi ZX]Y'NY\ Yb'ghY\ Yb'

' "? fAZh[ i b[ 'XYf'6Y]ba i g\_i 'Uhi f'f]b'GWf]hghY'i b[ 'Ui ZghY\ Yb i bX'UVg]mYbL:



5i g[ Ub[ gghY'i b[ .  
G]m'Ui ZY]bYa 'Ghi \ž: ØggY]b'GWf]hghY'i b[ '

8i fWZØfi b[ .  
Ui ZghY\ Yb i bX'UVg]mYb'  
GWf]hghY'i b[ 'k YWgYb'

5bnU\ 'F YdYh]h]cbYb.'