

Robert Myers, M.D. ('63) : Falls - Prevention and Mobility

A note forwarded to Guy from Sam Francis ('64) contains an excellent list of "*do's*" to prevent falls. This list could not have been more timely. (yale63.org/samfrancis.htm)

Balance is critical. To Sam's forwarded list of do's I would add **a)** no scatter rugs to trip on and **b)** try to engage in exercise of hamstring muscles to strengthen rising from a sitting position.

Anyone with a fall predisposition should not let some figment of personal pride prevent them from having some in-house or outdoors walking assistance. One may Google and search for "fall prevention: simple tips to prevent falls" or "syncope" at the mayoclinic.org, yalemedicine.org site, or at one's preferred health information website.

On following pages, five photos of devices that those with a balance problem may find useful in active fall prevention and increased mobility. The Veloped (see below) has been a life-saver for my wife, Emily, who can walk a mile on our Halls Mill Road that includes a hill.

Best all,

Bob

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Images (5) on next pages:

Devices for balance and mobility

Walker with 5" wheels + tennis ball covers on back legs



Nova Zoom Walker (Rollator) with 22" seat: \$60.00
Medicare Prescription: 8" wheels, front & back.



Trionic VELOPED Sport-12" wheel model with 4 inflatable tires is recommended for folks with body height 4'11" to 6'2". For those taller than 6'2" the larger 14" wheel model accommodates and is recommended.



VELOPED handle adjustment is simple and secure with snaps on each side to loosen and tighten.



4-legged cane for walking in basement to use treadmill.

