



Balance & Mobility Training

A multidimensional approach to the assessment and treatment of balance-related problems.



Welcome to the Wellness Connection at O'Connor Woods

Our mission is to promote health and vitality, and help reduce frailty and disability in later years.

We are dedicated to changing and improving lives. We provide wellness programs and guidance to make each individual's life purposeful and healthy. We inspire and motivate to enhance all abilities and levels in a compassionate, fun and dynamic setting.



Falls are the leading cause of accidental injury in older adults.

Every year, one third to one half of the population age 65 and over experience falls. Half of the elderly who fall do so repeatedly. Five percent of falls lead to a fracture, accounting for more than 200,000 hip fractures annually.

Loss of balance is not just a 'fact of life' as we grow older.

Recent studies show that those most at risk of falling can often be identified and helped. Balance and mobility retraining can be instrumental in maintaining or re-establishing stability.

Most falls can be prevented.

How Can You Benefit From Balance & Mobility Training?

Benefits

FallProof™ balance and mobility classes can benefit participants in a number of ways, including:

- Improve postural alignment
- Improve limits of stability
- Improve integration of sensory information
- Increase confidence
- Improve performance of activities of daily life
- Heighten awareness of risk factors and circumstances
- Improve walking ability
- Improve ability to recover from a loss of balance

All the activities can be modified to accommodate individual capabilities.

Features

FallProof™ is scientifically tested and shown to improve balance and mobility and to reduce the risk of falls.

Features include:

- Screening with Pre- and Post-Assessment Testing & Interval Testing
- Center of Gravity Control Training
- Multisensory Training
- Postural Strategy Training
- Gait Pattern Enhancement & Variation Training
- Strength & Flexibility Training

FallProof™ was recognized by the National Council on Aging as one of seven exemplary model programs promoting healthy aging and improved quality of life.

Eligibility

You are a FallProof™ Candidate if...

- You exhibit balance impairment, a history of falls, fear of falling, frailty, or must restrict activities
- You complain of instability during daily activities
- You suffer from medical conditions that compromise balance and mobility
- You are able to stand independently for a minimum of two minutes
- You are able to safely ambulate a distance of 200 feet without the use of any assistive device
- You have no cognitive impairment likely to adversely impact judgment and/or decision making abilities
- You do not have any unstable medical condition (e.g. uncontrolled diabetes, cardiovascular disease, high blood pressure or asthma)

Programs for higher-risk participants are available.

“The FallProof™ class has improved my confidence and sense of balance. It has also raised awareness of my surroundings and of different situations that I can control to prevent falls in the future.”

-Anne Larrouy

Instructor



Nanci Shaddy is the Director of Fitness & Wellness at the Wellness Connection Fitness Club at O'Connor Woods. She is certified as a Group Exercise Instructor and Personal Trainer

in Senior Fitness by the Aerobics & Fitness Association of America and a Balance & Mobility Specialist from California State University, Fullerton's FallProof™ Program. Nanci began working with seniors in 1998, where she soon recognized the importance functional training had on their abilities to cope with the challenges they face in their daily routine activities. She has been responsible for developing and implementing comprehensive fitness, prevention and wellness programs specifically designed for the senior body.

Need More Info?

Call **(209) 956-3470** and speak with the Wellness Connection Team today!



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