

**Title of Intervention:** A Rehabilitation Exercise Program

**Intervention Strategies:** Group Education, Individual Education

**Purpose of the Intervention:** To increase balance and mobility for decreasing falls and injuries

**Population:** Individuals aged 65 years and older

**Setting:** An outpatient rehabilitation center in Arkansas; health care facility-based

**Partners:** None mentioned

**Intervention Description:**

- Group Education: The intervention included a six-week program of active stretching, postural control, balance, endurance walking, strengthening exercises and repetitive muscle coordination exercises. A licensed physical therapist supervised all sessions. The intervention started at a low level of intensity of individual exercises and was progressive. Training sessions were held 3 times per week and lasted approximately 90 minutes, including warm up and cool down.
- Individual Education: The actual frequency, repetitions and resistance of the exercise were adjusted individually so participants could exercise at their own ratings of perceived exertion.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Physical therapist
- Training: Not mentioned
- Technology: Not mentioned
- Space: Senior citizen centers, rehabilitation facility
- Budget: Not mentioned
- Intervention: Exercise equipment
- Evaluation: Functional obstacle course, video recorder, stopwatch, questionnaire

**Evaluation:**

- Design: Randomized controlled trial
- Methods and Measures:
  - Balance and walking were measured by time and quality performance on a functional obstacle course with different floor textures, graded surfaces, different types of stairs and two stations requiring discrete functional tasks and object navigation.
  - Self-reported falls and injuries were recorded.

**Outcomes:**

- Short Term Impact: Participants in the exercise group significantly outperformed those in the control group. The exercise group's functional obstacle course quality and completion time improved more than the control group.
- Long Term Impact: Significantly more intervention participants with a history of falls reported no falls in the follow-up period. Of those reporting injuries in the follow-up period, significantly more in the intervention group reported no injury.

**Maintenance:** Not mentioned

**Lessons Learned:** Exercise participation may be limited by various reasons such as physical limitations, access to transportation and personal time schedule conflicts. This intervention can improve functional performance and protect against falls and fall-related injuries.

**Citation(s):**

Means, K. M., D. E. Rodell, et al. (2005). "Balance, mobility, and falls among community-dwelling elderly persons: effects of a rehabilitation exercise program." *Am J Phys Med Rehabil* 84(4): 238-50.