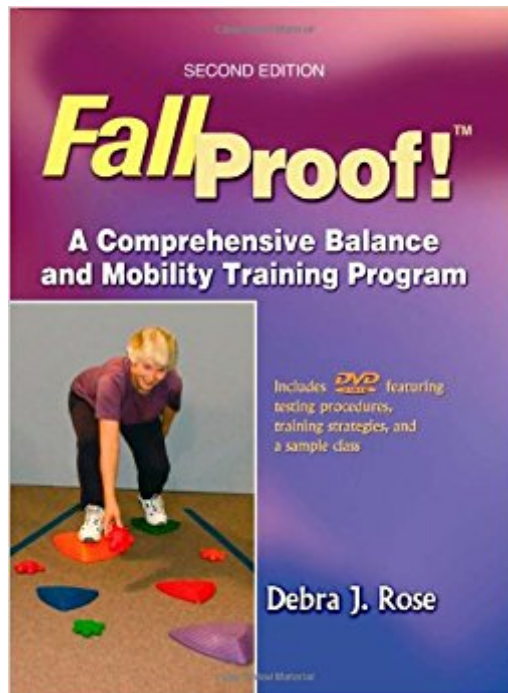




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# Fallproof! A Comprehensive Balance And Mobility Training Program



## Synopsis

The second edition of FallProof! continues to be the only text to address the multiple dimensions that contribute to balance and mobility. By exploring the reasons underlying falls, readers gain the knowledge to offer more comprehensive assessment and programming. This research-based approach is field tested and has shown considerable success in a range of instructional settings, including community-based and residential care environments. The FallProof! program is customizable for individual clients, with exercise progressions for early, middle, and late class modules. In addition, it offers the following benefits:

- **Flexibility.** Program participants can engage in group activities that take into account their individual abilities so that the program is not too easy or too difficult for them.
- **Guidance.** Safe and easy ways of presenting each of the program's exercise components are illustrated, addressing issues ranging from safety concerns to the best ways to offer feedback to participants.
- **Supplemental materials.** Reproducible health, assessment, and program-related questionnaires help instructors gather crucial information for effective programming.
- **Results.** The FallProof! program has been proven to reduce the risk of falling in participants who've completed one or more rotations of the program. Now packaged with a DVD, this second edition makes the information in the text applicable to real situations. The bound-in DVD shows how to administer key screening and assessment tests, demonstrates selected exercise progressions for the major program modules, and features a sample FallProof! class session in action.

## Book Information

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## Customer Reviews

Debra Rose, PhD, is a professor in the division of kinesiology and health science and director of the Center for Successful Aging at California State University at Fullerton. She also serves as codirector of the Fall Prevention Center of Excellence at the University of Southern California. Her primary research focus is on the enhancement of mobility and the prevention of falls in later years. Dr. Rose is nationally and internationally recognized for her work in assessment and programming for fall risk reduction. Her research in fall risk reduction in the elderly has been published in numerous peer-reviewed publications, including the Journal of the American Geriatric Society, Archives of Physical Medicine and Rehabilitation, Neurology Report, and the Journal of Aging and Physical Activity. She was an expert contributor to the Global Report on Falls Prevention in Older Age published by the World Health Organization in 2007. The innovative fall risk reduction program she developed and describes in this manual was recognized by the Health Promotion Institute of the National Council on Aging (NCOA) in 2006 as a “Best Practice” program in health promotion. This program is currently being implemented in numerous community-based settings and retirement communities throughout the United States. The NCOA also awarded Debra the Molly Mettler award for Leadership in Health Promotion for her work in the area of fall risk reduction in 2007. Debra is a fellow of the Research Consortium of AAHPERD, a fellow of the American Academy of Kinesiology and Physical Education, former executive board member of the North American Society for the Psychology of Sport and Physical Activity, and past editor in chief of the Journal of Aging and Physical Activity.

This book is a great resource for any personal trainers or other fitness professionals working with a senior population. If you work with older adults, you know that one issue that comes up regularly is lack of balance and a fear of falling. While a college education and the studying required to get a personal training certification (or other fitness certification) usually adequately covers how to design programs as far as cardiovascular and strength training go, training for balance is rarely ever mentioned. Fallproof! does an excellent job of first explaining the science behind balance and why people fall, followed by a section on assessing balance, then progressing to how to train to improve balance, followed by sections on strength training and flexibility, and finally wrapping up with how to instruct the material presented and ideas on class management. The information provided is very well presented and very useful. The book provides a progression of exercises which can be used with your clients, with several variables which can be manipulated to provide the client with the right amount of difficulty. The descriptions also include coaching cues to help instruct the client in the

best possible way. The balance assessment described in the book is fairly easy and not too time consuming, while also being very effective and testing all facets of balance. The sections on strength and flexibility are good but for the most part won't be anything new for the fitness professional. Lastly, I'd like to mention that the Fallproof! program is designed to be used in a small class environment. While the concepts transfer well to one on one sessions (with the exception of the fact that most of the culminating activities are group activities), I haven't and don't think I will transfer much into large group exercise classes as the activities here require a greater amount of individualized attention than large group exercise classes allow. Lastly, there is the included DVD. The DVD includes an example of administering the assessment which is quite helpful, demonstrations of some of the exercises discussed in the book, and a sample class. The DVD is good but I wish it had more. There was more than one occasion that I read something in the book, wanted to see it in action and put in the DVD, only to find out that what I wanted to see wasn't included in the DVD. The other complaint about the DVD is a technical one, I don't like that each section of the DVD isn't broken up into chapter (for example each test of the assessment being a separate chapter), combined with the fact that, at least on my computer, it won't let me manually skip ahead so I need to watch the entire section. But this may be a weird computer thing as much as it is anything with the DVD. What is included on the DVD is excellent, I only wish it had more because what is there is so helpful. If you work with older adults, this book should be in your collection. If your idea of working on balance is standing on one leg for 10 seconds and repeating a few times, you will gain so much from this book. Balance is a more complicated science than you probably realize and understanding it will help you immensely to improve the balance of your clients, class members, or whatever environment you may be working with older adults in.

I love this book as it is research based but written such that it is very easy to understand and the information is very practical. Not only are there multiple tools for learning the information in the text but there is also a DVD that is included so you can actually watch the exercises and tests being demonstrated. This will be very useful to begin to teach falls prevention and mobility classes once I complete the second practical part of this course. There is one big disappointment for me though. I did not know that there was a code included so we could access an online site which will provide computer generated test results and other resources. I discarded the wrapping on the book that had a code on it and now I cannot access the website and it costs \$100.00 for a subscription to the site. So, if anyone knows how I can get the code that came with my book, I would really appreciate knowing how to access this information, since I did pay for a new book and should have had this

information. It is not clear when you order the book that this information is included and that it is important to keep the wrapper and the code.

This was a very informative and easy to understand book that addressed the issues of the causes of falls, the physiological systems involved in balance and mobility (sensory: vision, somatosensory, and vestibular etc). It also prescribed methods for screening and assessing the needs of older adults to prevent them from having catastrophic falls. The book contained several chapters that addressed how to train specific systems that included: center of gravity control, multisensory, postural strategy, gait pattern, strength & endurance and flexibility training. The book concluded with a section on how to plan and manage a fall prevention class for senior citizens. I would highly recommend this book to any health care professional or other individuals involved in training senior citizens. Ernie Keith

The author put a tremendous amount of research and practical application to this textbook. I have read many books on balance, but this one is definitely the most comprehensive. I have already used many of the exercises when I teach arthritis/balance and fall prevention to my classes at senior centers. The multi-sensory exercises are very effective and fun at the same time. Very highly recommended program!

The 2nd Edition of FallProof! is a wonderful rewrite of the first edition. It is clear and concise. It presents research information in layman's language. The chapters are laid out with clear objectives and goals and recap with a review of key concepts. This is an excellent resource for anyone working with seniors to promote balance and reduce the risk of falls. The assessment tools, particularly the Fullerton Advanced Balance (FAB) Scale is designed to (pre/post) screen older adults to assess fall risk. It is a great tool for anyone working in community based fall prevention programs or balance classes. Dr. Rose identifies the major factors that contribute to a fall and what steps can be taken to identify and mitigate fall risk.

The content was very basic. I was hoping to get more ideas for interventions that were accompanied with evidence. Most of book was review information about falls not the prevention.

I am a personal trainer, specializing in working with older adults. With this population, training for balance is just as critical as training for strength. I like the way this book breaks down the different

components of balance and explains some of the underlying physiology behind different exercises. I have included many of the exercises into my personal training sessions and my older adult fitness classes.

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