

Skelton and Dinan (1999) suggested the following exercises for **falls management**:

(FaME: Falls management exercise programme)

- co-ordination/reaction
- functional floor and standing activities: to improve neuromuscular skill and confidence
- postural and gait training
- targeted strengthening and stretching exercises
- kinaesthetic awareness
- T'ai Chi adapted moves: 3-D
- correction of muscle asymmetry

Being active cuts the rate of risk of fracture by 50%, although bone density is only changed by 2% so there must be other factors involved.