Beyond the Break Webinar on Osteoporosis & Exercise

Part II: Importance of Exercise, Strength training, Balance and Posture Training for Fall Prevention – Clinical Application – February 16th, 2017

Virtual Handout Reading List

Now that you have learned about the Importance of Exercise to Prevent Falls continue expanding your knowledge with the articles listed below.

(To read the abstracts, simply click on the word “abstract”. If you would like to read the complete article, please contact, Mary Beth Forget, the Fall Prevention CoP Information Specialist through the LOOP Library Services webpages (http://www.fallsloop.com/services/library-service).

Additional Readings - Articles


**Additional Readings: Systematic Reviews**


Websites References:

1. Fall proof Balance and Mobility Instructor Training http://hhd.fullerton.edu/csa/FallProof/FallProof_InstCert.htm
2. Falls Efficacy Scale http://www.profane.eu.org/fesi.html
3. Falls Free Initiative Provides resources and evidence-based practice to reduce fall-related injuries and death among older adults http://www.ncoa.org/improve-health/center-for-healthy-aging/falls-prevention/falls-free-initiative.html
8. SAIL Home activity program
   http://findingbalancebc.ca/home/exercise/sail-home-activity-program/

9. Centre for Hip Health and Mobility
   http://www.hiphealth.ca/

10. Centre for Diseases Control "STEADI" toolkit:
    https://www.cdc.gov/steadi/

11. Online training for the Otago program