

KAREN RUSSELL, MASTER FALLPROOF INSTRUCTOR

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Instructions: Choose an activity such as brushing your teeth where you have a counter for support. Start with level 1 foot position and try to brush your teeth without losing your balance. Do this twice a day. When you are consistently successful with level 1 progress to level 2. Continue to progress until you are at level 5 Remember to focus ahead and adjust your belly button to the middle of your base of support with each foot change.

LEVEL 1



LEVEL 2



LEVEL 3



LEVEL 4



LEVEL 5

