

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Patient ID: [Insert ID Number]

Subject: Low Fall Risk Maintenance and Exercise Guidelines

Dear [Insert Patient Name],

Based on your recent assessment, you have been categorized as having a **low risk of falling**. This is excellent news. To help you maintain your mobility, independence, and safety, we recommend following these maintenance and exercise guidelines.

1. Daily Physical Activity

Consistency is key to maintaining balance and bone density. Aim for at least 30 minutes of moderate activity most days, such as:

- Brisk walking
- Swimming or water aerobics
- Cycling

2. Strength and Balance Exercises

Perform these specific exercises 2 to 3 times per week to keep your muscles and reflexes sharp:

- **Leg Strength:** Sit-to-stand repetitions from a sturdy chair.
- **Balance:** Standing on one leg (hold onto a counter for safety if needed).
- **Flexibility:** Gentle stretching of the calves, hamstrings, and shoulders.
- **Tai Chi or Yoga:** These activities are highly recommended for improving core stability.

3. Home Safety Maintenance

Even at low risk, environmental hazards can cause accidents. Please ensure:

- Walkways and stairs are free of clutter and rugs.
- Lighting is bright in hallways and bathrooms.
- Footwear is supportive with non-slip soles.

4. Health Monitoring

- Schedule annual eye exams to ensure your vision prescription is current.
- Review your medications with your pharmacist to check for side effects like dizziness.
- Maintain adequate intake of Vitamin D and Calcium for bone health.

If you experience any episodes of dizziness, new weakness, or a "near-fall," please contact our office to schedule a follow-up evaluation.

Keep up the great work in staying active and safe.

Sincerely,

[Provider Name]

[Clinic/Facility Name]

[Contact Information]