

BALANCE EXERCISE PROGRAMS

PROGRAM NAME	TAI CHI MOVING FOR BETTER BALANCE	MATTER OF BALANCE	STEPPING ON	OTAGO- Patients must receive provider referral.
TARGET POPULATION	≥ 60 years Community dwelling Relatively healthy	≥ 60 years Community dwelling Relatively healthy	≥60 years Community dwelling Previous fall or concerned with falling Cognitively intact Assistive devices if part time	>80 or high risk ≥ 65 years Home bound seniors
KEY ASPECTS	Simplified Tai Chi forms- targets sensorimotor system. Can be adapted for chair use.	Increase activity levels and reduce fear of falling	Education, reduce fear of falling, encourage behavior change and improve balance, home exercise	Individually tailored strength and balance exercises with walking program, home-based
INSTRUCTOR	ORI certified instructors	Trained lay instructors	Health professionals	Physical Therapists
PROGRAM FORMAT	2x/week for 12 weeks 1 hour group sessions	1x/week for 8 weeks 2 hour group sessions	1x/week for 7 weeks, with a booster session after 3 months 2 hour group discussion format Exercises and guest professional speakers	4 PT home visits with 3 booster sessions over 1 year Monthly phone follow-up for 1 year
LOCATION	Various location throughout Portland metro	OHSU ThinkFirst Oregon Program	Legacy Emanuel Providence Milwaukie Portland VA Medical Ctr.	Provided in the home through Beyond the Clinic Physical Therapy
REGISTRATION INFORMATION	healthoregon/fallprevention Click on Tai Chi: Moving for Better balance to view class listing	Kayt Zundel <i>(phone)</i>	Lynne MacMillan, PT at Emanuel <i>(phone)</i> Chase Katich, PT at Prov. Milwaukie <i>(phone)</i>	Ben Musholt, PT Bryan Pasternak, MS, PT <i>(phone)</i>