



Fallproof! A Comprehensive Balance and Mobility Training Program

Debra J. Rose

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The second edition of *FallProof!* continues to be the only text to address the multiple dimensions that contribute to balance and mobility. By exploring the reasons underlying falls, readers gain the knowledge to offer more comprehensive assessment and programming. This research-based approach is field tested and has shown considerable success in a range of instructional settings, including community-based and residential care environments.

The *FallProof!* program is customizable for individual clients, with exercise progressions for early, middle, and late class modules. In addition, it offers the following benefits:

- **Flexibility.** Program participants can engage in group activities that take into account their individual abilities so that the program is not too easy or too difficult for them.
- **Guidance.** Safe and easy ways of presenting each of the program's exercise components are illustrated, addressing issues ranging from safety concerns to the best ways to offer feedback to participants.
- **Supplemental materials.** Reproducible health, assessment, and program-related questionnaires help instructors gather crucial information for effective programming.
- **Results.** The FallProof! program has been proven to reduce the risk of falling in participants who've completed one or more rotations of the program.

Now packaged with a DVD, this second edition makes the information in the text applicable to real situations. The bound-in DVD shows how to administer key screening and assessment tests, demonstrates selected exercise progressions for the major program modules, and features a sample FallProof! class session in action.

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