

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

1. Avin KG, Hanke TA, Kirk-Sanchez N, McDonough CM, Shubert TE, Hardage J, Hartley G; Academy of Geriatric Physical Therapy of the American Physical Therapy Association. **Management of falls in community-dwelling older adults: clinical guidance statement from the Academy of Geriatric Physical Therapy of the American Physical Therapy Association.** Phys Ther. 2015 Jun;95(6):815-34. [Full Text](#)
2. Cruz-Jentoft A, Baeyens J, Bauer J, Boirie Y, Cederholm T, Landi F, Martin FC, Michel JP, Rolland Y, Schneider S, Topinková E, Vandewoude M, Zamboni M. **Sarcopenia: European consensus on definition and diagnosis: Report of the European Working Group on Sarcopenia in Older People.** Age Ageing. 2010 Jul; 39(4): 412–423. [Full Text](#)
3. El-Khoury F, Cassou B, Charles MA, Dargent-Molina P. **The effect of fall prevention exercise programmes on fall induced injuries in community dwelling older adults: systematic review and meta-analysis of randomised controlled trials.** BMJ. 2013 Oct 29;347: f6234.[Full Text](#)
4. Fairhall N, Sherrington C, Cameron ID, Kurrle SE, Lord SR, Lockwood K, Herbert RD. **A multifactorial intervention for frail older people is more than twice as effective among those who are compliant: complier average causal effect analysis of a randomised trial.** J. Physiother 2017; 63(1): 40-44. [Abstract](#)
5. Fleig L , McAllister M, Chen P, Iverson J, Milne K, McKay H A, Clemson L, Ashe MC. , **Health behaviour change theory meets falls prevention: Feasibility of a habit-based balance and strength exercise intervention for older adults.** Psychol Sport Exerc 2016; 22: 114-122. [Abstract](#)

6. Gschwin Y J, Kressig RW, Lacroix K, Muehlbauer T, Pfenninger B, Granacher U. **A best practice fall prevention exercise program to improve balance, strength / power, and psychosocial health in older adults: study protocol for a randomized controlled trial.** BMC Geriatrics 2013; 13:105. [Full Text](#)
7. Horak FB. **Postural orientation and equilibrium: what do we need to know about neural control of balance to prevent falls?** [Age Ageing](#). 2006 Sep;35 Suppl 2:ii7-ii11. [Abstract](#)
8. Michie S, Richardson M, Johnston M, Abraham C, Francis J, Hardeman W, Eccles MP, Cane J, Wood CE. **The behavior change technique taxonomy (v1) of 93 hierarchically clustered techniques: building an international consensus for the reporting of behavior change interventions.** Ann. Behav Med 2013; 46(1):81-95. [Abstract](#)
9. Moreland J, Richardson J, Chan D, O'Neill J, Bellissimo A, Grum R, Shanks L. **Evidence-based guidelines for the secondary prevention of falls in older adults.** Gerontology. 2003; 49:93–116. [Abstract](#)
10. Muehlbauer T, Besemer C, Wehrle A, Gollhofer A, Granacher U. **Relationship between strength, power and balance performance in seniors.** Gerontology. 2012;58(6):504-12. [Full text](#)
11. Presseau J, Johnston M, Heponiemi T, Elovainio M, Francis JJ, Eccles MP, Steen N, Hrisos S, Stamp E, Grimshaw JM, Hawthorne G, Sniehotta FF. **Reflective and automatic processes in health care professional behaviour: a dual process model tested across multiple behaviours.** Ann. Behav Med 2014; 48(3): 347-58. [Abstract](#)
12. Shumway-Cook A, Woollacott M H. **Motor control: Translating research into clinical practice.** Philadelphia : Lippincott Williams & Wilkins; 2007. [Abstract](#)

Additional Readings: Systematic Reviews

1. Alexanders, J, Anderson A, Henderson S. **Musculoskeletal physiotherapists' use of psychological interventions: a systematic review of therapists' perceptions and practice.** Physiotherapy 2015; 101(2): 95-102. [Abstract](#)
2. French D P, Olander E K, Chisholm A, Mc Sharry J. **Which behaviour change techniques are most effective at increasing older adults' self-efficacy and physical activity behaviour? A systematic review.** Ann Behav Med 2014; 48(2): 225-34. [Abstract](#)

3. Jack K S, McLean M, Moffett J, Gardiner E. **Barriers to treatment adherence in physiotherapy outpatient clinics: a systematic review.** Man Ther 2010; 15(3): 220-228. [Full Text](#)
4. McPhate L, Simek EM, Haines TP. **Program-related factors are associated with adherence to group exercise interventions for the prevention of falls: a systematic review.** J. Physiother 2013; 59(2): 81-92. [Full Text](#)
5. O'Brien N, McDonald S, Araujo-Soares V, Lara J, Errington L, Godfrey A, Meyer TD, Rochester L, Mathers JC, White M, Sniehotta FF . **The features of interventions associated with long-term effectiveness of physical activity interventions in adults aged 55-70 years: a systematic review and meta-analysis.** Health Psychol Rev 2015; 9(4): 417-433. [Abstract](#)
6. Sherrington C, Michaleff ZA, Fairhall N, Paul SS, Tiedemann A, Whitney J, Cumming RG, Herbert RD, Close JC, Lord SR. **Exercise to prevent falls in older adults: an updated systematic review and meta-analysis.** Br J Sports Med. 2016 Oct 4. [Abstract](#)

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>
4. **Canadian Falls Prevention e-learning curriculum: The University of Victoria.**
<https://continuingstudies.uvic.ca/health-wellness-and-safety/courses/canadian-falls-prevention-curriculum>
5. **National Council on Aging Evidence Based Fall Prevention Programs: Provides information on evidence based fall prevention programs**
<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults/>
6. **Vancouver Coastal Health** <http://www.vch.ca/>
Vancouver Coastal Health Fall Prevention website <http://fallprevention.vch.ca>
Vancouver Coastal Health: Fall Prevention and You (video)
<https://www.youtube.com/watch?v=pTW9pVtPeYQ>
7. **Normative Values for Grip Strength Testing**
http://www.htherapy.co.za/user_images/splinting/Jamar_Norms_Poster.pdf



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/steady/>
11. Online training for the Otago program
<http://www.aheconnect.com/newahec/cdetail.asp?courseid=cgec3>