

From: **Bob Myers, '63**

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To: Guy Struve

The note you forwarded by Sam Francis '64 on falls couldn't be more timely.

Balance is critical. To Sam's excellent list of do's, add no scatter rugs to trip on and try to engage in exercise of hamstring muscles to strengthen rising from a sitting position.

Appended below: 4 photos of devices that those with a balance problem may find useful in active fall prevention.

1. Walker with 5 "wheels on front legs. Tennis ball covers on back legs.
2. Nova Zoom Walker (Rollator) with 22" seat: \$60.00 Medicare Prescription: 8" wheels, front & back.
3. Trionic VELOPED Sport-12" with 4 inflatable tires. For folks with body height to 6'2". 14 " for body height to 6'7".
4. 4-legged cane for walking in basement to use treadmill.

All best,

Bob

(Robert P. Myers, M.D.)

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To Prevent Falls

Walker with 5" wheels +tennis ball covers on back legs



Nova Zoom Walker (Rollator) with 22" seat: \$60.00 Medicare Prescription: 8" wheels, front & back.



Trionic VELOPED Sport-12" with 4 inflatable tires. For folks with body height to 6'2".
14 " for body height to 6'7".



Veloped handle adjustment is simple and secure with snaps on each side to loosen and tighten.

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4-legged cane for walking in basement to use treadmill.

