

From: Bob Myers, '63

A note forwarded to Guy from Sam Francis ('64) contains an excellent list of "*do's*" to prevent falls. This list could not have been more timely. (yale63.org/samfrancis.htm)

Balance is critical. To Sam's forwarded list of do's I would add **a)** no scatter rugs to trip on and **b)** try to engage in exercise of hamstring muscles to strengthen rising from a sitting position.

Anyone with a fall predisposition should not let some figment of personal pride prevent them from having some in-house or outdoors walking assistance. One may Google and search for "fall prevention: simple tips to prevent falls" or "syncope" at the mayoclinic.org, yalemedicine.org site, or at one's preferred health information website.

On following pages, five photos of devices that those with a balance problem may find useful in active fall prevention and increased mobility. The Veloped (see below)) has been a life-saver for my wife Emily, who can walk a mile on our Halls Mill Road that includes a hill.

Best all,

Bob

email: myers.robert@mayo.edu

Images (5) on next pages:

To Prevent Falls and Increase Mobility:

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- wheels: 12" or 14" with 4 inflatable tires. For folks with body height from 4'11" to 6'2".



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



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



Attached photo: ACRE 10 -inch wheels, very light, folds easily.

