



**Our balance can change as we age,
but CAN improve if we work on it!**



By the	6th	Decade of life	Decreased postural stability was seen with standing on one limb with the eyes open.
By the	5th	Decade of life	Decreased postural stability was seen with standing on a foam surface.
By the	4th	Decade of life	Decreased postural stability was seen with standing on one limb with the eyes closed.

Osoba et al. (2019)

GOOD NEWS!

**You are never too old to participate in and benefit from
balance exercises and fall prevention interventions**

**Results of the Deems et al, 2019 study suggest that there is no apparent
age above which imbalance cannot be significantly improved.**

**“This study provides statistical support that age, even to 99 years,
should not be a barrier of entry into programs focused on
balance rehabilitation.”**

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