



AAEBIs and Falls Prevention

Did you know that a few of the Arthritis-Appropriate, Evidence-Based Interventions (AAEBIs) are also considered evidence-based falls prevention programs by The National Council on Aging (NCOA)? This means they can do double the benefit- help prevent falls AND manage OA. Read about each one below and click on their name to learn more!



Enhance®Fitness

A low-cost, evidence-based group falls prevention and physical activity program developed specifically for older adults.



Fit & Strong!

An evidence-based physical activity/behavior change intervention for older adults who have lower extremity joint pain and stiffness related to osteoarthritis.



The Otago Exercise Program

(OEP) is a series of 17 strength and balance exercises delivered by a Physical Therapist or a Physical Therapy Assistant in the home, outpatient or community setting.



Stay Active and Independent for Life

(SAIL) is a strength, balance and fitness program for adults 65 and older that includes exercises to improve strength, balance, and overall fitness.



Tai Chi for Arthritis and Falls Prevention

Many studies have shown Tai Chi to be one of the most effective exercises for preventing falls. This program helps people with arthritis improve muscular strength, flexibility, balance, stamina, and more.



Tai Ji Quan: Moving for Better Balance™

An evidence-based falls prevention program delivered in two one-hour sessions each week for 24 weeks. Each session consists of warm-up exercises, core practices, and brief cool-down exercises.

For more information on Falls Prevention head to [THIS LINK!](#)