

Fall Risk Reduction Program: Sample Treatment Plan (Module 4)

Session #:		#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12
Total Time:		40	25	28	30	34	30	41	34	35	32	34	47
Approximate # reps if tempo = 54 bpm (not counting LFA)		1350	1350	1512	1620	1836	1620	1404	1836	1890	1728	1836	1728
Long Form Assessment		15						15					15
Phase 1, 2, 3 activities		25	25										
MUSCULOSKELETAL	Leg Squats					2		2		2		2	
	Lunges						2		2		2		2
	Heel Raises			2	2	2	2	2	2	2	2	2	2
	Long Arc Quads			2	2								
	Taps Ups			2	2								
	Lateral Tap Ups			2	2								
	Alternate Stepping					2	2	2	2	2	2	2	2
	Bridging					2	2		2		2		2
	Abdominal Crunch							2		2		2	
VESTIBULAR	Head Movement in Supine			2									
	Head Movement in Sitting			2	2	2							
	Head Turns w/ Reach Across Midline				2	4			2	2			
	Head Turns with Walking						2	2	2	2	2	2	2
	Visual tracking focal item				2	2							
	In Sitting, Head stationary, Saccades			2	2	2	2	2					
	Using the in-Motion Triggers								6	6	6	6	6
COGNITION/COMMUNICATION	Seated, Reaching Across and Behind					2		2	2	2			
	STROOP Activities			2	2	2	2		3	2		3	
	Aphabetizing					2	2				2		3
	Sorting			2	2			2				3	
	Sequencing			2	2		2	2		2	2		3
	Selected and Divided Attention			2	2	2		2	3	3	3	3	
	Visual Attention					2	2		2	3			3
	Memory			4	4	6	6	4	4	5	5	5	5
	Yes/No Questions						2		2		2	2	
	Following Directions			2	2		2	2			2	2	2