

## **STAND UP AND BE STRONG! PHYSICAL THERAPIST INSTRUCTIONS**

1. Contact the Community Partners that you will be instructing. Arrange a time to explain the program to staff or volunteers of their organization. Aim to train at least two persons in each organization whenever possible.
2. Schedule an instruction time. This will take 1 to 1.5 hours, depending upon the organization's current level of awareness of issues related to falling.
3. Issue a Manual to each Community Partner. Issue two manuals if you feel that it would be beneficial to the project dissemination or the community partner will be screening in more than one setting.
4. NOTE THAT A PHYSICAL PRESCREEN WAS ADDED TO THE TOTAL EVENT. SEE COMMUNITY PARTNER INSTRUCTIONS FOR CONDUCTING THE SCREENING EVENT.
5. During instruction, **be sure to actually administer the complete screen to the trainees.** This includes the questions, the physical prescreen, and discussing the risk levels.. Reinforce collection of the prepaid mailer and mailing to MN APTA for data collection.

If the participant answered, "Yes" to all questions, they may be at high risk and do not need to complete the physical portion of the screening test. They should proceed to the action page of the brochure as **moderate to high risk**.

### **Physical prescreen:**

Instruct participants to sit in the chair and place their arms across their chest. Ask them to rise from the chair without using their arms. If unable to do this, they should progress to the action page of the brochure at the moderate to high risk level.

6. Issue brochures to the Community Partner. Issue approximately two times the number they think they will need for two months. They will be able to print more from [www.mnapta.org](http://www.mnapta.org).
7. Instruct the Community Partner to collect the return mailers and send them to MN APTA. They may be mailed individually or in a large envelope.
8. Explain the process of interpreting the risk levels.
9. Instruct Community Partners in the strengthening exercises. Be sure to make them aware of the options such as elevating the seat height or using your arms for the exercise.
10. **If the Community Partner has or is planning an exercise program, ask them to add the two lower body strengthening exercises to their program.**