

# START'R



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[WWW.IRBMS.COM](http://WWW.IRBMS.COM)

Hello,

You've told us that you've already lost your balance or even taken a fall for no reason. This is probably a deficit in your balance reflexes. Indeed, the older you get, the greater the risk of falling.

The best advice I can give you is to do everything possible to keep your home free of unnecessary obstacles and to maintain your attention span.

**I recommend that you consult your attending physician who will perform or request a physical, ocular, vestibular and neurological check-up.**

While waiting for this check-up, you can start a physical activity program by respecting the basic rules available on the IRBMS website.

The practice of an adapted and safe physical activity can help you to improve your balance. The easiest way is to start by walking on flat ground 3 times 20 minutes per week and to increase the duration and frequency progressively.

I also recommend that you find out about existing associations or clubs around your home and explain your case so that you can receive the support you need

I remain at your disposal to help you in your approach which is not made to worry you but to allow you, if need be, to receive the adapted medical and sports supervision in connection with a practice of physical activity adapted and perennial safe.



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INSTITUT DE RECHERCHE DU BIEN-ÊTRE  
DE LA MÉDECINE ET DU SPORT SANTÉ