

Being strong and safe on your feet



Being physically strong helps to prevent you falling both before and after your surgery. It can support your body to cope with the stress of surgery and improve your recovery.

Wearing supportive shoes before and after surgery helps you to feel safe and comfortable. It also reduces your risk of falling.

Including strength and balance exercises as part of your physical activity routine before surgery supports your recovery.

Exercise programs suitable for people aged 50 years or older can be found at the: **NSW Health Active and Healthy website.**

Older people have a higher risk of falling. If you are aged 65 years or older, speak to your GP or practice nurse about how to reduce your risk of falls.

Resources:

- **Staying Active and on your Feet**
- **Healthy ageing: Falls prevention**
- **Falls prevention: Foot care and Footwear**