# Physical activity pyramid

#### **BHNFT** rehab

Ward based Physio/ OT inpatient, complex / high risk fallers, post surgery patients

#### **SWYFT Falls, MSK & Rehab Services**

1 or more falls in the past 12 months, undergoing treatment for MSK condition, undergoing rehabilitation,

Very high risk of falls

# Falls prevention excersie classes

over 50's at risk of falls

Functional fitness MOT **(FFMOT)** for anyone over 50

## Strength and balance activities

Physical Activity to improve strength, balance and bone health for anyone over 50

## Barnsley Older People's Physical Activity Alliance provide the following:

Falls Preventions exercise classes

**FFMOT** 

Strength and balance activities