



Non-Pharmacological
Intervention Society

Non Pharmacological Interventions Registry

Notice : Posture-balance-motor skills and health education method or “PEM-ES” method

Health problem: Risk of fall



Bodily

Sheet Code

NPIS-00000009

Designation

Posture-balance-motor skills and health education method or “PEM-ES” method.

Main Indication

Reduce the frequency and severity of falls in people over 60 years of age at moderate or high risk of falling.

How does it work?

- This program includes 2 sessions of 1.5 hours per week over a period of 3 months.
- These sessions, all supervised by the practitioner, take place in groups of 12 people maximum, indoors preferably in a gymnasium or a well-lit room. They occur in a residence, multi-professional health center, sports health center, association, autonomy assistance center.

- Sessions include a health education sequence, a warm-up, posture, balance and motor exercises, and a recovery time.

Other Benefits

- Improvement of postural abilities.
- Improved dynamic balancing.
- Improved walking speed.
- Improvement of functional capacities.

Direct Risks

- Falls with minor consequences.
- Fatigue and minor aches and pains.

Risks of interaction

None observed to date.

Contraindications

Contraindicated in cases of severe cognitive disorder or behavioral disorder incompatible with group practice.

Precautions

- Regular medical monitoring is recommended.
- Alcohol consumption should be limited, especially if you feel dizzy or drowsy.
- Regular visits to an ophthalmologist are recommended because visual impairment caused by, for example, cataracts is a risk factor for falling.
- Shoes should be snug, with good support inside and out.

Regulatory provisions

- Medical prescription for the INM and a medical certificate of no contraindication to physical practice.

- Implemented by a teacher in adapted physical activity (holder of a STAPS-APA license), with a university diploma from the INM.

Author(s) of the Sheet

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Posture-balance-motor skills and health education method or “PEM-ES” method, NPIS reference document for INM, Code sheet NPIS-00000009, Version V02, 2024.

Link to the online listing: [click here](#).

Suggérez une amélioration : Rendez-vous sur sa fiche numérique de la plateforme du Référentiel NPIS des INM [by clicking here](#).

Contact the NPIS

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