



Non-Pharmacological
Intervention Society

Non Pharmacological Interventions Registry

Notice : Vivifrail Program

Health Problem: Risk of fall



Bodily

Sheet Code

NPIS-000000026

Designation

Vivifrail Program

Category

Bodily

Main Indication

Reduction of risk of falling in individuals aged 70 and over, with or without gait disorders

How does it work?

After an initial assessment conducted by the practitioner, a 12-week program will be implemented, consisting of five sessions per week, either individually or in a group setting (preferably in a group).

Each session includes: A 5- to 10-minute warm-up phase, A main phase with exercises focused on:

- Muscle strengthening,
- Endurance,
- Balance,
- Flexibility,

Followed by a 5- to 10-minute cool-down phase.

Exercises may be performed with or without small equipment such as mats, chairs, elastic resistance bands of varying strength, light weights, or cones/obstacles.

Sessions can take place at home, in a multiprofessional health center, a health and exercise facility, a day hospital, a retirement home, a nursing home (EHPAD), or in a physiotherapy practice.

Other Benefits

- Delay in the onset of disability or loss of physical autonomy
- Reduction of fatigue
- Reduction of frailty and prevention of dependency
- Reduction of cognitive decline
- Reduction of depression
- Prevention of cardiovascular diseases
- Reduction of mortality risk
- Improvement of muscle function
- Improvement of quality of life

Direct Risks

- Falls with minor consequences
- Mild muscle and joint fatigue or soreness

Risks of interaction

None observed to date

Contraindications

Highly dependent individuals

There are **absolute contraindications** preventing any type of exercise (to be confirmed by your physician):

- Uncontrolled atrial or ventricular arrhythmias
- Dissecting aortic aneurysm
- Severe aortic stenosis
- Acute endocarditis or pericarditis
- Uncontrolled arterial hypertension
- Acute thromboembolic disease
- Severe acute heart failure
- Severe acute respiratory failure
- Uncontrolled orthostatic hypotension
- Diabetes with acute decompensation or uncontrolled hypoglycemia
- Recent fracture within the past month (for muscle strengthening)

Precautions

Exercise should be **pain-free** — report any pain or discomfort to your practitioner as soon as it occurs.

Be sure to **complete your monitoring booklet or log** so that your practitioner can provide better support and follow-up.

It is recommended to **drink water** before feeling thirsty — before, during, and after each session.

If applicable, keep your glasses and hearing aids on during exercise to improve understanding and ensure safety.

Wear **appropriate clothing and footwear**: comfortable, flexible clothing and closed shoes with good ground grip.

It is recommended to **walk for 30 minutes twice a week**, with sessions lasting at least 10 minutes each, and to continue engaging in other daily physical activities (gardening, housework, dancing, cultural outings, etc.).

Contact your doctor if you experience chest pain, shortness of breath, dizziness, persistent muscle pain, or a severe fall.

Regulatory provisions

The Vivifrail program is recommended for frailty prevention by the World Health Organization (WHO) and, in France, by the Haute Autorité de Santé (HAS).

It is implemented by a Certified Adapted Physical Activity Instructor (EAPA) or a State-certified Physiotherapist.

Completion of in-person or online training in the Vivifrail program is recommended.

Author(s) of the Sheet

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Vivifrail Program, NPIS reference document for INM, Code sheet NPIS-000000026, Version V01, 2025.

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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