

The Case for Power Training in Fall Prevention

The overlooked risk:

Beyond well-known muscle and bone loss (**sarcopenia** and **osteopenia**), two lesser-known issues — **dynapenia** (strength + power loss) and **powerpenia** (speed + strength loss)—drive falls and functional decline.

Why power training matters:

- **Power loss happens faster** than muscle or strength loss.
- Strength training alone is not enough — residents must improve quick reaction ability to prevent falls.
- Traditional equipment often cannot safely train for both speed and power.

Resident outcomes:

Communities implementing power training have reported:

- Improved balance, confidence, and mobility.
- Less pain and fear of falling.
- Greater ability to stay independent and engaged in activities.

Business impact:

- **\$9,389** average medical cost per fall.
- Power training can **reduce falls** and related care costs.
- Extend length of stay by **2.7 years on average** for wellness participants

Aligning with residents' goals:

Today's residents seek more than safety. They value **confidence, independence, and an active lifestyle**.

Next steps for communities:

1. Audit your wellness program—are you training for power, not just strength?
2. Evaluate equipment and staff readiness for power training.
3. Track resident outcomes that matter: power, balance, and confidence.