



12-WEEK STRENGTH & BALANCE PROGRAM

A measurable way to *lower resident fall risk* — run inside your community.

A well-established, structured program of **24 scripted sessions** over 12 weeks, with **5 standardized clinical assessments** administered at weeks 1, 6, and 12 — concluding in a **branded outcomes report** you can share with families, ownership, and surveyors.

12 WEEK PROGRAM

24 SCRIPTED SESSIONS

5 CLINICAL ASSESS.

3 MEASURE POINTS

1 OUTCOMES REPORT

A HOW THE PROGRAM WORKS

- 1 Screen & baseline**
Every resident is screened (PAR-Q) and assessed across 5 standardized measures to establish a defensible starting point.
- 2 Deliver 24 scripted sessions**
Twice weekly for 12 weeks. Progressive strength & balance work, fully scripted so quality stays consistent session to session.
- 3 Re-measure at weeks 6 & 12**
The same assessments are repeated mid-program and at completion — so change is documented, not assumed.
- 4 Deliver the outcomes report**
A branded summary of resident progress and fall-risk change — the proof artifact for families and ownership.

B THREE TRACKS, EVERY ABILITY LEVEL



Strength
Standing & full-mobility residents building lower-body power.



Chair-Based
Seated adaptation for limited-mobility residents.



Balance
Targeted stability & gait work to reduce sway.

RESIDENT SCREENING & SAFETY

- **PAR-Q** readiness screen for every participant
- **Written stop criteria** for each session
- **Escalation to nursing** built into the protocol
- **Standardized scoring** across all assessments

THE COST OF A SINGLE FALL

\$34,565

The average direct medical cost of **one serious resident fall**. A program that measurably lowers fall risk protects residents — and the economics of your community.

Source: U.S. Centers for Disease Control and Prevention (CDC).

THE PROOF ARTIFACT

The Outcomes Report

Every cohort ends with a branded report documenting measured change in strength, balance, and fall-risk indicators — built to show families, ownership, and surveyors.

5
MEASURES TRACKED

W1-6-12
COMPARED OVER TIME

Per-Resident
PROGRESS DETAIL

C WHAT RESIDENTS EXPERIENCE

- More strength** ↑
Sit-to-stand repetitions tend to rise
- Better balance** ↑
Single-leg stand time tends to grow
- More confidence** ↓
Self-reported fear of movement tends to fall

HOW IT'S DELIVERED

We run your **first cohort with you** — a Crucible coach on-site, your staff working alongside — then your team carries the program forward.

THE ONE NEXT STEP

Start with a free demo class.

A real 45-minute session with your residents, run by a Crucible coach. No cost, no commitment — see the program before you decide anything.

Book a demo
cal.com/crucible-care/15min