



Download OTAGO classic!

You can download the app OTAGO classic with Otago Exercise Programme to your smartphone. The exercise program has evidence-based fall preventive effects and can be adjusted to your ability.



Download the app from Google play.
Search for *Otago Exercise Programme*



OTAGO
classic

OTAGO classic has been developed
in cooperation with:



Download
**Otago Exercise
Programme!**



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User-driven design

The development of the app started in 2017 in a project at Research and Development in Sörmland. Researchers were assisted by physiotherapists and seniors to make the app as user-friendly as possible. The app is a digital version of the evidence-based fall prevention home exercise program Otago.

ETT ANVÄNDARCITAT:

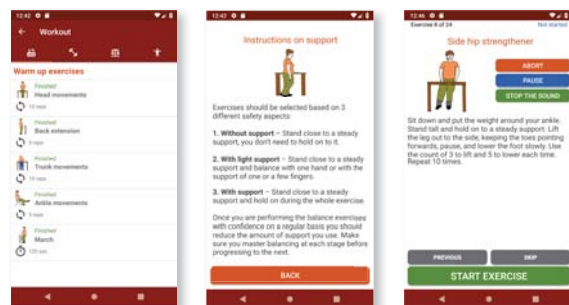
"I believe an app in a smartphone, can make it easier to follow an exercise program"



Choose your own level of difficulty

You can adjust the exercise program by choosing what exercises you want to include in your program and how much support you want to use.

The exercise is structured, and the program includes different exercises for leg strength and dynamic balance exercises. The exercises in the program are recommended to be performed three times a week and your program is expected to take about 30 minutes.



Exercise at home

OTAGO classic is an individually adjustable exercise program for older adults over the age of 65. The program doesn't require a lot of equipment, which makes it perfect for exercising in your home.

Walks are encouraged in the program, and both exercises and walks are registered in the app. You register your motivation through self-appraisal in the app.

