

FALL Facts:

 1 OUT OF EVERY 3 PEOPLE OVER 65 YR. OLD FALLS ONCE A YEAR

For those over 85 yrs. Old- 1of every 2 fall every year.

 FALLS ACCOUNT FOR 66% OF ALL ACCIDENTAL DEATHS IN PEOPLE

 49% OF FALLS OCCUR IN THE PERSON'S HOME

 25% OF FALLS ARE ASSOCIATED WITH POOR BALANCE AND WALKING PROBLEMS

 MOST FALLS ARE DUE TO A COMBINATION OF FACTORS

FALL RISK: Things that increase one's risk of falling-

1. On more than 4 medications or being on an antianxiety or antipsychotic medications or sedatives
2. Has a history of falls
3. Trouble controlling bowels &/or bladder
4. Vision problems
5. Problems with seizures
6. Fluctuating blood pressure
7. Diabetic with peripheral neuropathies
8. Swelling in the legs
9. Medical conditions which effect your legs including CVA, Parkinsons, weakness, arthritis, foot pain.
10. Difficulty rising from a chair or needs help walking.
11. Inactivity
12. Dementia

FALL PREVENTION

Goal: Minimize fall risk without sacrificing Quality of Life

- ❖ Keep environment safe
- ❖ Know your limitations
- ❖ Wear good footwear
- ❖ Control swelling in lower legs
- ❖ LOW heeled shoes
- ❖ Use the grab bars
- ❖ Stand several seconds before starting to walk
- ❖ Stay active and exercise regularly

Balance: What Is It? How do I keep it or get it back?

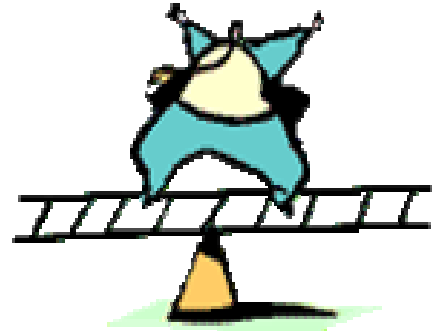
What is it?

Balance is the process of controlling the body in any position whether moving or stationary.

It is accomplished through :

1. The senses:

- Joint sense
- Inner ear- vestibular
- Vision
- Skin sensation



2. Strength of the whole body

- Spine
- Hips
- Knees
- Ankles (54% of balance is from the ankles)

3. Flexibility and posture

- Need flexible ankles, spine, hips to make fine controlling movements to maintain balance
- For every centimeter off center the body must work harder to maintain balance

What is Normal for a person over 75 years young?

Test	Skill	Normal
Rhomberg Test	Arms across chest & feet together Close eyes	10 seconds
Stand up from chair	Without using arms a Senior should be able to stand up from regular chair	5 times in 12 seconds
One Leg stance	Stand on 1 leg without using arms	30 seconds

How do I keep it or try to get it back?

1. Minimize your risk factors
2. Practice Fall prevention hints.
3. STAY ACTIVE
4. BALANCE EXERCISES

SIMPLE BALANCE DRILLS

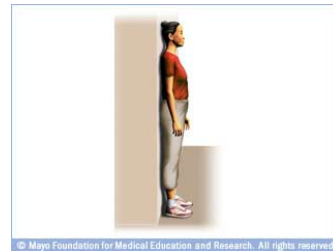
Below are a few exercises that will help you “tune up” your balance.

Remember no exercise should cause sharp pain. Seek specific medical advice from a MD or Physical Therapist if you have any questions about these exercises. None of these exercises should cause any shortness of contact your physician.

1. Stretch Ankles:



2. Stretch Spine :



3. Strengthen Ankle:

Up and down on tip toes fast and slow

4. Strengthen Legs: Wall slides

