



## HOW CAN PHYSICAL THERAPY PREVENT FALLS IN THE SENIOR POPULATION

Falls are avoidable when therapists establish proper protocols. Our therapists will evaluate your risk of falling by assessing your balance, stability and mobility. We will work closely with you to create an individualized treatment plan that includes balance training, strengthening and recommendation for fall prevention at home.

### OBJECTIVES TO PREVENT FALLS IN PHYSICAL THERAPY

- To improve the older person's ability to withstand threats to their balance.
- To prevent the consequences of a prolonged period on the floor with no help after a fall.
- To optimize self-confidence while performing daily activities
- To reduce the fear of falling.



### HOW TO PREVENT FALLS USE SAFETY TOOLS

- Multiple light sources.
- Frequent eye exams.
- Mobility devices (E.g. walker, cane, wheelchairs).
- Removal of throw rugs and carpets in homes.
- Non-slip mats in the shower and bathroom.

### HOW PHYSICAL THERAPY OFFICES CAN MINIMIZE RISK

- Increase number of experienced therapists.
- Keep patients in a well lit and clutter free area.
- Provide low-risk exercises to improve

balance and mobility.



Sources:

<https://www.cdc.gov/falls/hip-fractures.html#:~:text=More%20than%2095%25%20of%20hip,2%20usually%20by%20falling%20sideways.&text=Women%20experience%20three%20times%20as%20many%20falls%20as%20men%20do.&text=More%20often%20than,them%20more%20likely%20to%20break>  
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