

FACTS ON FALLS

The Biodex System SD has been designed to meet the needs of everyone looking to improve balance, increase agility, develop muscle tone and treat a wide variety of pathologies. It is an excellent tool in the growing field of **Fall Prevention/Reduction**.

For older adults, falls are one of the greatest causes of serious health problems. ...25% of patients over the age of 65 with hip fractures die within six months... 25% lose significant function, and 50% experience a decrease in mobility. Modifying the factors that lead to falls will increase mobility and confidence, both critical to maintaining a more independent life style.

Facts on Falls

Both the incidence of falls and the severity of fall related complications rise steadily after age 60. In the United States one in three people aged 65 years and older fall each year. After age 75 the rates are even higher.

What are the major causes of falls?

The most common cause of falls include weak muscles, unstable balance, dizziness, vision problems, side effects from medications and environmental hazards.

How serious are falls?

- Falls can result in hip fractures, head injuries and even death.
- Falls are the leading cause of injury deaths among people 65 years and older
- More than 40% of people hospitalized from a hip fractures do not return home and are not capable of living independently

How can I reduce my Risk for Falling?

Studies show that balance training, gait, strength and flexibility training not only improve mobility, but also help reduce the risk of falling.

Entrance into the Fall Risk Screening and Conditioning Program is on the basis of a balance screening or a doctor's referral based on increased risk due to age, history, medication changes, muscle changes, degenerative joint disease, post arthroplasty or osteoporosis.

Three areas proven important in assessing your risk of falling will be addressed in this program.

LOWER BODY STRENGTH

Strength is a critical factor for a rapid response to a balance disturbance. Testing will identify weakness and, if necessary, exercise will significantly improve lower body strength.

BALANCE

Normal balance is controlled by a complex combination of visual, muscular and neurologic systems. Together, these factors keep us from falling when we encounter an unexpected disturbance. Testing and appropriate exercise will improve an individual's ability to remain upright under challenging conditions.

AEROBIC ENDURANCE

Older adults typically display a slower walking speed. Steps are also shorter and vary in length. These are all factors related to falls. Independence is directly related to walking speed. Testing and, if necessary, exercise helps you learn how to walk more safely and confidently.

If you, or anyone you know, falls (no pun intended) into one of these categories it may behoove you to seek a Fall Risk Assessment at Pro Motion Rehab. It is a simple and easy process that could avert a potentially life changing event.

