



1646 Military Hwy, Pineville, LA 71360

[www.RedRiverRehab.com](http://www.RedRiverRehab.com)

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Putting people's lives in motion

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## Fall Prevention

- As we age, physical changes and health changes occur placing us at a higher risk of falling.

### Are you at risk?

- Age
  - > 1/3 of adults over the age of 65 fall each year
    - 1 out of 5 falls result in serious injury
- Poor Eyesight
- Hearing impairments
- Neurological diagnosis
  - Example: Stroke
- Decreased circulation/sensation
  - Example: Diabetes, heart conditions
- Medication side effects
- Improper footwear
- Impaired Balance
- Fear
- Alcohol consumption
- Weight

### Steps for decreasing your risk

- Staying physically active
  - Helps to keep you strong and flexible. Strong bones will not prevent a fall but can decrease the risk of breaking a bone.
- Routine eye and hearing exams
  - If you are prescribed glasses or hearing aids, ensure proper fit and wear them as prescribed
- Learn the side effects of the medicines you take
- Stand slowly!
  - Getting up too quickly, can cause a drop in your blood pressure, resulting in dizziness
- Get enough sleep
- Appropriate use of an assistive/walking device, if needed to improve your balance
- Wear non-skid, rubber sole, enclosed shoes (example: tennis shoes)



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## **Reduce risk factors in your home**

- Tightly fastened handrails on staircases/steps
  - Be sure to use them!
- Lighting- Ensure pathways and unlevel surfaces are well-lit
- Clear pathways – Ensure NO items (books, papers, clothes, shoes, wires/cords) are in walking paths
  - This includes pets – know where they are and do not attempt to step over them
- Ensure all carpets are firmly secured to the floor
  - Take away throw rugs and area rugs
- Grab bars by toilets, inside and outside of the shower/tub
- Non- skid mats in the bathroom on areas that may get wet
- Night lights for getting up during the night
- Keep flashlights nearby
  - Beside the bed and your primary place to sit in the living area/kitchen
  - Ensure batteries are in good condition
- Height of your sofa and chairs are important to ensure you can get up and down easily and safely
- Do not climb on tables or chairs to reach things – ask for help!
- Keep a phone in reach at all times
  - Idea: put it in your pocket
- Keep emergency numbers, in large print and easily visible in the primary areas of your home

## **Physical Therapy**

The PT will perform an initial evaluation to test strength and range of motion. The physical therapist will develop a plan of care and establish goals to assist you in:

- Improving range of motion and flexibility
- Increasing strength
- Balance training
- Learning proper body mechanics and posture to help you decrease your risk and improve your independence with daily activities.