

Fall Prevention



The Facts!

- Deaths from falls: 2/3 of accidental deaths
- 72% of U.S. fall-related deaths occur in the 13% of population age 65+
- Accidents are the 5th leading cause of death in older adults

What are the risk factors for falling?

- Weakness in leg(s) or trunk
- Prior fall
- Balance deficit
- Assistive walking device
- Vision deficit
- Arthritis
- Activities of daily living (ADL deficit)
- Depression
- Cognitive Deficit
- Age > 80
- Gait deficit

Tips

- Remove common household hazards
- Keep your home properly lit
- Use assistive devices
- Wear sensible shoes or orthotic footwear
- Improve strength, balance, flexibility, and coordination through exercise
- Physical Therapy

How Physical Therapy Can Help

- Gain optimal muscle and organ function
- Promote correct joint utilization
- Minimize neck and back pain
- Reduce your risk of falls
- Gain more energy
- Cause less stress on spine
- Improve endurance and agility

Our goal is to help you keep enjoying the things you need and love to do and to provide you with the knowledge to minimize the problem and maintain wellness. We are here to help! Call for a free balance and fall risk assessment.

Gainesville Physical Therapy & Wellness , LLC
"Where People Matter and Results Count"

www.GainesvillePhysicalTherapy.com

352-376-6300