

Wo •]œ o ^z • _ }œ ^E}_ (}œ Z •š š u v š o}ÁX

z • ~	•	/Ež À (o o v]v šZ %o •š Ç œX – People who have fallen once are more likely to fall again.
z • ~	•	/Ej • }œ Z À v À]• š} µ• v }œ Á o œ š} P š – People who use a cane or walker may already be at more risk of falling.
z • ~	•	/E}} u š]u (•o µ v •š Ç }œ o}• uÇ o v ÁZ v Á o]vPX – Unsteadiness or needing support while walking are signs of poor balance.
z • ~	•	/E}} u š]u • •š Ç uÇ • o(Ç Z}o]vP }vš} (µœ v]šµœ }œ – Needing support standing or walking are signs of poor balance.
z • ~	•	/EÁ }œ œ Ç }µš (o o]vPX – People who are worried about falling are more likely to fall.
z • ~	•	/Ev} š} %o µ•Z uÇ • o(µ%o (œ}u }µš }(Z]œ Á]šZ uÇ Z – This is a sign of weak leg muscles, a major reason for falling.
z • ~	•	/E}} u š]u • Z À šœ}µ o •š %o %o]vP µ%o }vš} µœ X t dZ]•]• v}šZ œ]v] Ÿ}v }(Á l o P uµ• o •X
z • ~	•	/E(œ <µ v š oÇ Z À š} œµ•Z š} šZ š}]o šX – Rushing to the bathroom, especially at night, increases your chance of falling.
z • ~	•	/Ež À o}•š •}u (o]vP]v }v }œ }šZ }(uÇ (šX – Numbness in your feet can cause stumbles and lead to falls.
z • ~	•	dEž} u] š š}v /•}u š]u ••uu (o o]PZ šrZ }œ •o %o Ç X t ^] + š• (œ}u u] Ÿ}v v]v œ • Ç}µœ Z v
z • ~	•	/Eš l u]]v š} Z o%o u •o %o }œ]u%o œ}À uÇ u}} X t dZ • šÇ%o • }(u] Ÿ}v v }L v Ÿ}u •]v œ • Ç}µœ
z • ~	•	/E)} (š v (o • }œ %o œ •• X – Symptoms of depression like feeling sad or slowed down are linked to falls.

_____ Total µ%o šZ vµu œ }(%o]]vš• (œ}u Ç}µœ]œ o v•Á œ œ u}œ U Ç}µ u Ç š œ]•l (}œ (o o]vPX Wo •]• µ•• š

Falls Are a Serious Matter

How big is the problem?

What outcomes are linked to falls?

What are common risk factors for falls?

How can older adults prevent falls?

FYZICAL Therapy & Balance Centers Focus on Fall Prevention

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