

Preventing Falls

Remembering the Role of the Brain in Mobility

- **1/3** of elderly Canadians (65+) fall each year – falls are the third leading cause of **chronic disability**
- 50% of these people suffer moderate to severe injuries, **permanently reducing mobility** and independence

A targeted physiotherapy program can help maintain/regain strength, mobility, and endurance, in a safe and secure manner



Tips to Reduce the Risk of Falling:

- Wear a **good pair of lace up shoes** that will support and cushion your joints.
- Use aids for walking, hearing, and seeing! View these as sources of **strength** to help you be **independent**.
- **Sit** rather than stand **while dressing**.
- When moving from lying to sitting or from sitting to standing, **wait 10 seconds before rising**, and stay close to a supportive object (bed, chair, or toilet).
- Install **handrails and grab bars** in the stairways and bathrooms.
- Avoid unnecessary risks, such as standing on furniture! Use a steady step ladder or **ask for help!**
- Put everyday items on shelves at **eye level**.
- **Manage medication** properly.

Improving executive function (cognitive functions) has been shown to reduce the risk of falling. Executive functions include the ability to do dual tasks, concentrate, plan, and strategize. Reduced executive function is associated with reduced mobility (slow foot speed) and falls. Research suggests that aerobic and resistance training improves executive function in older adults! Augmenting standard resistance training with aerobic training may prove vastly beneficial in reducing falls.

For more information on this topic and to begin an individualized program, please call us at **604-983-6616** or visit us at body-works.ca. We look forward to helping you on your way to a better quality of life!

Information from "physiotherapy practice" and CPA.ca