

HOW MANY RISK FACTORS ARE THERE FOR FALLS?

Over 200, according to **Christian J. Thompson, Ph.D.**

Extrinsic Factors

- Weather & Outdoor Conditions
- House Clutter & Obstacles
- Poor Lighting
- Lack of Adaptive Devices
- Inappropriate Footwear/Clothing

Intrinsic Factors

- History of Falling
- Chronic & Acute Medical Conditions •
- Sensory &/or Vestibular Impairments •
- Medication Effects
- Poor Nutrition

- Functional Level (Joint Mobility, Muscle Function, Balance & Gait)

Exercise is the most important component in a fall prevention intervention showing a 11% reduction in falls occurrence

***There are other interventions, but they are not as effective on their own (without the addition of exercise)

HOW TO PRACTICE BALANCE?

Did you know:

You must be off balance 25% of the time in order to effectively train balance

STANDING ON ONE LEG IS NOT ENOUGH!

The best way to practice balance is using VARIED balance strategies. That means movement patterns, learning how to brace against an outside force, and reinforcing the gait cycle.

BOTTOM LINE: make your environment as safe as possible, yet practice and plan for the unexpected when you are out and about (step over items, climb stairs, move in different planes of motion).

Strength train – focusing on legs and glutes – and train your CORE, which has a direct correlation to your balance.