FALL PREVENTION
for the health care practitioner

FACTS
~ 36 million elders fall every year -resulting in 32,000 deaths.
95% of hip fractures are caused by falling.
cdc.gov

Assessment

VESTIBULAR SYSTEM
Motion, spatial orientation, head position

VISION SYSTEM

SENSORIMOTOR SYSTEM
Perception of touch, pressure from joints and skin

Patient's Prior Hx

✓ Body maneuvering that led to fall (e.g. turn).
✓ Assistive devices used.
✓ Number of falls.
✓ Setting fall(s) occurred.

Interventions

Therapeutic

Strengthening
Balance

Tai Chi
Sit-to-stand

Education

Medicine hx
Home Modifications

Safety Precautions

It's a team effort from all healthcare practitioners who are responsible for the patient's care.