



**Reduce the risk of falls,
improve mobility and
maintain independence**



CONSISTENT WITH THE
AMERICAN GERIATRIC SOCIETY
CLINICAL PRACTICE GUIDELINES FOR
PREVENTION OF FALLS IN OLDER ADULTS.

- Determine if you are at risk to fall
- Identify the factors that put you at risk
- Modify the risk factors
 - Improve mobility
- Maintain independence

Ask your medical professional about participating in a
**BIODEX FALL RISK
SCREENING AND
CONDITIONING
PROGRAM OR
CALL US AT:**

ATLANTIC PHYSICAL THERAPY

1-888-208-3828

WWW.ATLANTICPTREHAB.COM

**Locations:
MD, DE, PA**

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"The Clinical Advantage"™



**FALL RISK
SCREENING
& CONDITIONING
PROGRAM**

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WHY YOU MAY NEED A FALL RISK SCREENING AND CONDITIONING PROGRAM

For older adults, falls are one of the greatest causes of serious health problems. ...25% of patients over the age of 65 with hip fractures die within six months... 25% lose significant function, and 50% experience a decrease in mobility. Modifying the factors that lead to falls will increase mobility and confidence, both critical to maintaining a more independent life style.

FACTS ON FALLS

Both the incidence of falls and the severity of fall-related complications rise steadily after age 60. In the United States one in three people aged 65 years and older fall each year. After age 75 the rates are even higher.

WHAT ARE THE MAJOR CAUSES OF FALLS?

The most common cause of falls include weak muscles, unstable balance, dizziness, vision problems, side effects from medications and environmental hazards.

HOW SERIOUS ARE FALLS?

Falls can result in hip fractures, head injuries and even death.

- Falls are the leading cause of injury deaths among people 65 years and older
- More than 40% of people hospitalized from a hip fractures do not return home and are not capable of living independently

HOW CAN I REDUCE MY RISK FOR FALLING?

Studies show that balance training, gait, strength and flexibility training not only improve mobility, but also help reduce the risk of falling.

> *Entrance into the Fall Risk Screening and Conditioning Program is on the basis of a balance screening or a doctor's referral based on increased risk due to age, history, medication changes, muscle changes, degenerative joint disease, post arthroplasty or osteoporosis.*

PROGRAM OVERVIEW:

Three areas proven important in assessing your risk of falling will be addressed in this program.

LOWER BODY STRENGTH

Strength is a critical factor for a rapid response to a balance disturbance. Testing will identify weakness and, if necessary, exercise will significantly improve lower body strength.



Chair Stand Test

BALANCE

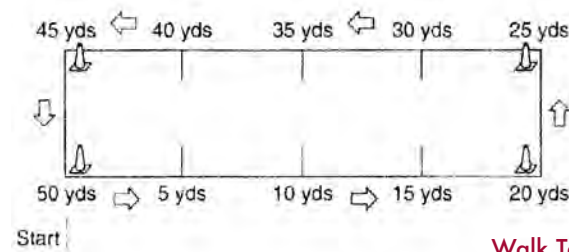
Normal balance is controlled by a complex combination of visual, muscular and neurologic systems. Together, these factors keep us from falling when we encounter an unexpected disturbance. Testing and appropriate exercise will improve an individual's ability to remain upright under challenging conditions.



Biodex Balance System

AEROBIC ENDURANCE

Older adults typically display a slower walking speed. Steps are also shorter and vary in length. These are all factors related to falls. Independence is directly related to walking speed. Testing and, if necessary, exercise helps you learn how to walk more safely and confidently.



PROGRAM DETAILS:

A structured program that consists of eight visits over a four-week period. The patient is evaluated for specific risk factors known to contribute to falling and decreased mobility.

VISIT 1:

EVALUATION

- Self-Assessment of General Health
- Blood Pressure and Heart Rate
- Lower Body Strength
- Balance Test
- Aerobic Endurance Test

VISIT 2:

REVIEW RESULTS AND RECOMMENDED EXERCISE PROGRAMS

The test results from the evaluation are reviewed with you. We will advise if you are at risk of falling due to physical limitation such as strength and/or balance. If the cause is physical we will plan an exercise program just for you. We will also help you identify and eliminate environmental factors that you may find at home or in your community.

VISIT 3-7:

INTERVENTIONS:

In-Clinic Exercise

- Exercise targeted to improve strength, balance, walking speed, step length, flexibility and cardiovascular fitness.

Home Exercise

- Instruction for simple exercises that can be done at home will be suggested.

VISIT 8:

RE-EVALUATION

A report is provided to you and your referring physician summarizing the effect of the four week program. Your physician may recommend continued structured exercise to address specific problems.

Most insurance plans, including Medicare, cover assessment and conditioning for fall programs.

For additional information, speak with your doctor, physical therapist or insurance agent.