

# Falls, Balance and Postpolio Issues

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# topics

- Facts and figures
- 7 points-Risk factors
- 10 tips to reduces falls

# Facts and figures and tips

- Fall stories
- 30% of all over 65 living in the community will have at least 1
- Health care costs----- \$2370 million !!!
- Netherlands figures re PPS—74%!
- 64%-more than 1
- 10% of general--35% with PPS will have a fracture
- Fear of falling is the greatest fear in the elderly

# Risk factors

- Reduced strength, increased fatigue, pain, activity, joint fusion, recent surgery or illness
- Decreased balance, posture and gait, leg length
- Sensory changes—e.g. eyes, hearing, feeling
- Bone density
- Dizziness—from low BP, medications,
- Feet and footwear
- Change of routine
  
- Environmental factors—rough ground, slopes, wind, crowds, Home safety—inside and outside
- Ageing!!

# Reducing risks

- Balance exercises-tailored to needs(good evidence in trials)
- Consider braces and aids to reduce falls
- Home modifications-see other PP talk-photos
- Use alarms-esp. if living alone
- Coded key safe box
- Review bladder issues

# Balance tests-A

- Brief balance test/6 1 1,11 tandem,Sl, 180 turn
- Functional reach-74-34cm
- Step test-15 in 15 secs
- Timed up and go-7secs-74yrs
- Static foam test?
- 6 minute test?????
- Fear of falling

# Balance tests-B

- Ext. perturbation
- Int. perturbation-arm raise, fr, bend reach, step
- Tug obs

# 10 issues and tips to help prevent falls

- Clutter
- Wet floors
- Uneven ground
- Meds
- Chronic illness
- Hearing/dizziness
- Vision-glasses
- Lighting
- Balance/gait
- Keep fit