

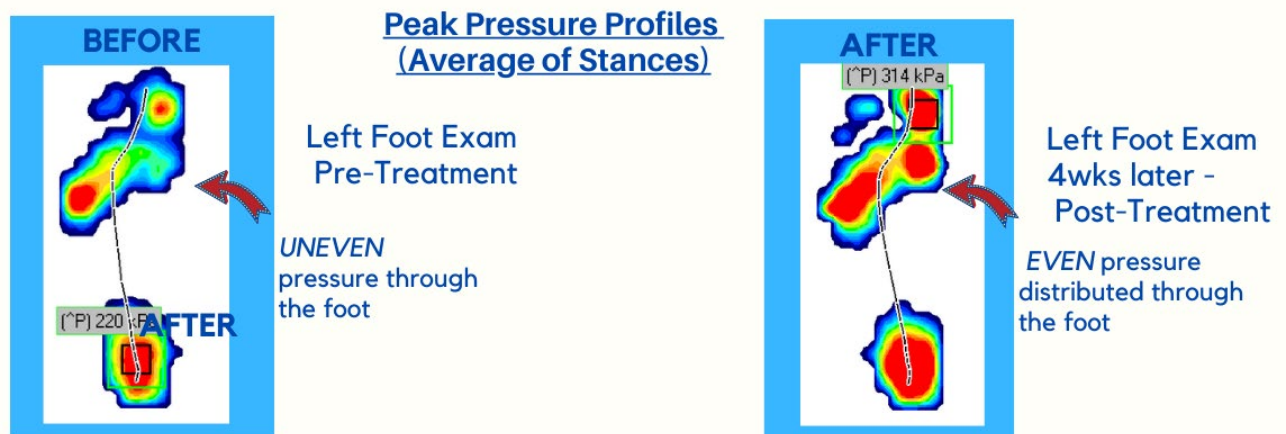
## Fall Prevention

Falling and the risk of falling is problematic, for a couple of reasons:

1. The only way to know our balance is to test our balance, which means falling! (which is problematic for all!)
2. In the over 60s it can be a leading cause of fractures which result in significant hospitalization.

There are a number of great tests that can be used to test someone's balance. Some examples we use in the clinic are:

1. **SINGLE LEG BALANCE TESTS (SLBT)** – timing patient balancing on one leg (eyes open/closed). The longer you last the better.
2. **TIMED UP & GO (TUG)** test – time takes a patient to get up from chair & get walking 3 metres, turn, return to chair & sit down.
3. **DIGITAL GAIT/BALANCE ASSESSMENT**– with our pressure mat we can test your balance and get a digital record of your ability. This is very objective way of measuring progress.



### WAYS TO PREVENT FALLS:

1. **GET TESTED EARLY** - ALL OVER 60s or anyone concerned with their balance!
2. **EXERCISE** – specifically exercises that challenge balance in a safe way; e.g. tai chi, yoga, ...
3. **VIT D/CALCIUM**– appropriate vitamin D & Calcium levels allow for good bone production. It's important to test your bone density too (DEXA scans).
4. **REDUCE BENZODIAZAPINE** – with guidance from your doctor, it is recommended to reduce drugs that contribute to dizziness.
5. **GET EYES TESTED:** **a.** DON'T USE MULTIFOCALS – if you can help it try not to use multifocals (especially if you are walking around). **b.** Get cataracts fixed
6. **GET BALANCE/FEET ASSESSED** – helps with your ability to walk & get around.