



What do we know about the Risks of Falls?

Falls can threaten the health, well-being and quality-of-life for many seniors and their families. About 35% of people over-65 and 50% of those over-85 will fall this year. This number is even higher for hospitalized and institutionalized seniors. Falls are caused by many factors and may create serious consequences including injury, fearfulness, loss of mobility, premature nursing home placement and even death. Unfortunately, most people don't know that therapy programs exist to help decrease the risk of falling.

What treatments work?

Until recently, falling was thought to be an inevitable result of aging. Fortunately, medical research has discovered that the risk of falling can be reduced if you identify the risk factors early on – and get the right treatment.

Who should try our program?

You or a loved one should try our program if you or they have:

- ▶ A fear of falling
- ▶ Recently fallen
- ▶ Avoided normal activities
- ▶ Unsteadiness while standing, walking, or turning
- ▶ Suffered a stroke or hip fracture
- ▶ Osteoporosis, Parkinson's Disease or Alzheimer's Disease
- ▶ Side effects from medication that cause dizziness, sedation, confusion, or weakness

Enroll in our program today. By working together, we can help reduce the risk of falls and restore your confidence in moving.

What can you expect in our program?

Your personal health care team will review your diet and medication, evaluate your fear of falling, and test your vision, balance, strength and flexibility. Your ability to walk, turn, and reach will also be assessed.

Exercises and Electrical Stimulation for improving strength and balance

Slow, gentle stretches and simple strengthening exercises alone or in combination with mild, comfortable electrical pulses can improve balance, strength, agility and mobility.

Falling Down