



**RANGE
OF MOTION**
ATLANTA, GEORGIA

Fall Awareness Program

Program Objectives:

- Determine whether the patient is at-risk of falling
- Identify factors that put the patient at-risk
- Modify the risk factors
- Improve mobility
- Maintain independence

Falls are the leading cause of injury among people over the age of 65.

- In the U.S. 1/3 of those over 65 fall each year.
- 25% of elderly people who sustain a hip fracture die within one year.
- People over 75 incur 60% of fall related deaths.

There are three primary neuromuscular predictors:

Strength: Loss of power and speed in lower extremities. Knee and ankle strength.

Balance: Relative inability to re-establish equilibrium when challenged.

Gait: Abnormalities including slowed gait, reduced stride length and an inability to respond to step length or other speed changes

Circulatory problems: Postural hypotension. Awareness of a circulatory problem is important since this corresponds with an increased fall risk.

External and environmental factors are:

- Poor lighting
- Scattered rugs
- Wet floors
- Cords across floors
- Navigating a flight of stairs
- Prescribed medication

Removal of throw rugs and proper placement of cords on the floor will help reduce the risk of falls. Also, being aware that any pain medication taken for any type of surgery may affect balance and gait.