



MEDICAL MOMENTS *by*



Fear Factor: Falls Prevention Edition

Fear of Falling (FoF) is a common concern for older adults, and it is no wonder why. Each year, falls occur for 30% of people over 65, and 50% of people over 80 years old. And Falls are responsible for 90% of hip fractures. In reality is FoF is related to your walking pattern in very identifiable ways.

1. **Decreased Stride Length:** For individuals with an increased FoF, stride length is often reduced, in some cases less than half the length (i.e., .5 m rather than .9-1.2 m) of those without FoF.
2. **Decreased Speed:** Slowed walking speed may be a proactive response to FoF. Allowing you to see objects in front of you and reduce the time your center of mass is between steps.
3. **Increased Double Support:** Each step you take requires you to briefly balance on one foot/leg. Increased double support means there is greater time that you are on both feet before taking a step.

It is unclear whether these are strategies people use to prevent falls (proactive), or whether they are responding to situations that might lead to falls (reactive). Regardless, these strategies DO NOT WORK to reduce your falls risk. If you have decreased stride length or stride speed, or increased double support, you are at great risk for falling & need balance rehabilitation to reduce that risk of falls.

Common Reasons for Falls

- ♦ **Fear**
- ♦ **Diabetes**
- ♦ **Neuropathy**
- ♦ **Neurologic Impairment**
- ♦ **Loss of Sensation**
- ♦ **Pelvic Floor Dysfunction**

Love Your Life!

Ready to stop falling? FYZICAL is the only Level III Balance Rehabilitation Clinic in Oklahoma City.

For more information about FYZICAL visit:
www.FYZICAL.com/Oklahoma-City

You Can Also Reach Us By Phone (405) 400-8909 or Fax (405) 400-8949