



MEDICAL MOMENTS *by*



Impaired Gait = Increased Falls Risk

Do you use a cane or a walker? Did you know that impaired gait (or walking pattern) requiring the use of a cane or a walker is predictive of a greater risk of falling?

Maybe you already know the stats but if not

- 30% of people over 65 years old fall each year
- 50% of people over 80 years old fall each year
- Falls are responsible for 90% of hip fractures
- 1 in 4 people with hip fractures die within 6 months

Your cane or walker, when used properly should aid you in preventing a fall. Your Physician probably recommended your cane or walker because they noted an abnormal gait and they know that gait abnormalities mean a greater risk of falls (nearly twice as likely for some people).¹ Start by making sure your cane or walker is properly fitted. If you are not sure, your Physical Therapist can help you get the perfect fit.

If you are using a cane or walker, your balance isn't as good as it could be, increasing your risk of falling. Balance Rehabilitation is an area of expertise for some Physical Therapists. They will work with you to safely walk, properly use your cane or walker, and help you prevent falls. Some people can even stop using their assistive devices.

¹Verghese, J., Ambrose, A.F., Lipton, R.B., & Wang, C. (2010). Neurological gait abnormalities and risk of falls in older adults. *Journal of Neurology*, 257 (3), 392-398.

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

Increase in Falls with

- ♦ Fear of Falling
- ♦ Diabetes
- ♦ Neuropathy
- ♦ Use of a Cane or Walker
- ♦ Shuffling Feet
- ♦ "Furniture Walking"
- ♦ After Stroke

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www.FYZICAL.com/Oklahoma-City

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