

# Reduce Your Risk of Falling



## *Preventing Falls is Serious Business*

The number one cause of accidental adult deaths is from falling, and more than half of active people over 65 who fall never regain their previous level of activity.

There are many reasons people fall and many are preventable. Tripping hazards, medications and health issues as well as muscle weakness and balance problems, are common causes.

## *Are You at Risk of Falling?*

- Have you fallen in the past year?
- Are you afraid that you might fall?
- Do you frequently need to use your arms to rise from chairs?

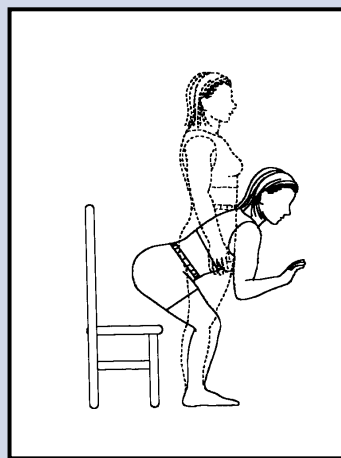
If you answered YES to any of these questions, you may be at risk of falling. If you are confident in your strength and balance, take the following sit-to-stand physical test to determine your level of risk and potential actions.

## TAKE THIS TEST

to Determine Your Risk of Falling

### For the test you will need:

- A straight-backed chair
- A stopwatch or clock with a second hand



1. Sit in the middle of the chair with your feet flat on the floor and your arms folded across your chest.
2. Time yourself or have someone else time you doing the following:
3. Rise to a full stand and return to a complete sitting position. Repeat as many times as you are able in 30 seconds. If you are on your way up when time runs out, count that as one. Check the appropriate box on the next panel.

## Record Your Fall Risk Score

- 8 or less times = **High Risk**
- 9 to 12 times = **Moderate Risk**
- 13 or more times = **Low Risk**

*Based on your risk level, take the following steps to reduce your risk of falling.*

**HIGH RISK:** Consult your doctor or physical therapist for advice & instruction to improve your strength. Continue the sit-to-stand as an exercise. Count to four as you lower yourself to the chair working up to 2 sets of 10 repetitions once a day; rest one minute between sets. Do not do this exercise unless you feel safe doing so.

**MODERATE RISK:** Do the sit-to-stand as an exercise without timing. Count to four as you lower yourself to the chair working up to 3 sets of 10 repetitions once a day; rest one minute between sets.

**LOW RISK:** Do the sit-to-stand as an exercise without timing. Count to four as you lower yourself to the chair. Do a minimum of 3 sets of 10 daily; rest one minute between sets.

Assess your risk level every three months to keep track of your progress. Additional exercises and information may be requested by calling Pinnacle Physical Therapy at 209-736-0956.