

Falls Prevention

Falls are common in people over the age of 65 and are the leading cause of injury in this age group. They can result in serious consequences including injury, impaired function, loss of confidence carrying out everyday activities, loss of independence and in extreme circumstances, death.

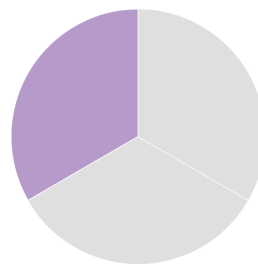
Risk Factors include:

- Poor muscle strength and range of motion
- Impaired balance and unsteady gait
- Impaired vision
- Poor reaction time
- Neurological impairment (dementia, stroke)
- Non-optimal walking with aids
- High amounts of sitting time

How can exercise help?

Most of the above can be improved by performing structured exercise that meets the recognised Australian physical activity recommendations. Exercise works by improving your:

- Muscle strength and power—we know that muscle strength reduces 3 times as fast from the age of 50
- Cardiovascular fitness and endurance
- Balance and reaction time
- Mobility, especially with walking aids
- Pain and discomfort management



1/3 of all people aged over 65 will have a fall this year

What services do we provide?

An initial appointment with an exercise physiologist will consist of a thorough assessment of your health history and a physical strength, balance and cognitive assessment. From there we can develop an individualised exercise program based on your strengths, weakness, goals and daily activities to improve your physical functioning. This can be achieved by:

- 1 on 1 sessions in our in-clinic gym
- Small group exercise sessions in our in-clinic gym, following individual familiarity sessions with our equipment
- A home exercise program that can easily be incorporated into your weekly routine
- Home visits to your house or nursing home for strength and balance training.

The above services are all covered under private health insurance, DVA or Medicare (upon GP referral).

It's never too late to start exercising—even people in their 90s can improve their strength and balance sufficiently to reduce their risk of falling by up to 50%! Start by giving us a call to book in for an initial Exercise Physiology appointment.

