

For Immediate Release:

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FALLS BY THE ELDERLY: A SERIOUS HEALTH RISK

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By the year 2020, the cost of falls for those over 65 will reach \$43 Billion a year. Medicare has identified this problem as so serious that they have initiated a program of additional payment for the Physicians and Physical Therapists who participate in their Fall Prevention program.

Falls and fall injuries:

- Are more common than strokes and can be just as serious in their consequences
- Are the most preventable cause of needing nursing home placement
- Lead to problems with daily activities like dressing, bathing, and walking around

Among adults 70 years and older:

- 3 in 10 fall each year
- 2 in 10 who need home health care after being in the hospital will fall during the first month after coming home
- 1 in 10 suffer a serious fall injury such as a broken bone or head injury
- 5 in 10 have problems getting up without help after they have fallen
- Falls cause over 90% of broken hips; only half of those who break their hip will get around like they did before their broken hip
- In the United States, 16 percent of all Emergency Department visits and almost 7 percent of all hospitalizations are for fall-related injuries.
- 1 in every 100 dies as a result of the fall.

PREVENTABLE

- Many of the health problems that increase the chance of falling are known and are treatable.
- Common, treatable health problems and hazards include problems with balance, weakness, stiff joints, walking or moving around, medications, foot problems or unsafe footwear, blood pressure dropping too much on getting up, problems seeing, and tripping hazards at home

At Central Physical Therapy, we are experts in Fall Prevention. We evaluate all risk for falling, explain in detail the results of our evaluation and develop a program that helps prevent falling.

For more information:

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