



World
PT Day
2025

FALLS PREVENTION



#2

Falls are the **second** leading cause of unintentional **injury deaths** worldwide

37.3 million falls each year are severe enough to **require medical attention**



Adults over **60 years old** are at the greatest risk of **fatal falls**



How physiotherapy can help prevent falls

Exercise is key to fall prevention - physiotherapists are experts in prescribing individualised exercise programmes to help improve your strength, balance, coordination, and flexibility. Exercises should be challenging, but safe and progressed as they become easier. They may include:

- sit-to-stand exercises
- squats
- **reaching** when standing
- **stepping** in different directions
- **walking** at different speeds and in different environments
- **getting up** from the floor

Activities such as walking, tai chi, or balance exercises will also help.

Physiotherapists can also:

- teach you how to **safely do daily activities**, such as standing up from a chair, or climbing stairs
- assess if you need a **walking frame or cane**
- provide **recommendations to make your home safer**, such as installing grab bars in bathrooms, securing rugs, and improving lighting
- advise on **footwear**
- help identify when you may need help from **other members** of the **healthcare team**



How at risk are you?

Lower risk: you are an older adult with **no history of falling**, or had one non-severe fall, and **no problems with balance or walking**.



Medium risk: have had a **single fall**, and have some problems with balance or walking.



Higher risk: have had a **single fall with injury, multiple falls (>2)** in the past year, have frailty, were unable to get up after the fall without help for at least an hour, may have lost consciousness and continence.



A physiotherapist will be able to assess how at risk you are and what strategies to put in place to prevent further falls. They may assess:



- your muscle **strength, mobility** and **flexibility**



- how **stable** you are, eg while **walking** or doing **daily tasks**
- your **thinking skills** and **memory**

A physiotherapist will often work closely with other health professionals such as doctors and occupational therapists. This is called a multidisciplinary approach.

Why falls prevention matters

Falls are a **leading cause of injury** among older adults, often resulting in serious consequences such as fractures, loss of independence, and even death.

Understanding how to **prevent falls** can help you **stay safe** and **maintain your quality of life**.



Stay safe and independent - speak to a physiotherapist today on how to prevent falls!



World
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