

Fall Prevention Tips



SOMERTON
PHYSIOTHERAPY



We have all most likely experienced a fall at some point in our lives, often as young child or teenager and usually it's no big deal. Unfortunately as we get older, having a fall can have a detrimental effect on our health and independence.

Physiotherapy plays a vital role in improving a person's balance which will help reduce the risk of falling and in turn improve a person's Quality of Life.

Here are some helpful tips

Bedroom:

Keep a light close to your bed in case you need to get up during the night.

Sit down when getting dressed or undressed.

Keep loose items or clothing off the ground.

Stairs and hallways:
Add an additional handrail.

Install anti slip strips.
Avoid walking on the stairs in socks.

Avoid carrying items up and down the stairs.

Bathroom:

Aim to keep the floor dry.
Use a shower chair if possible

Kitchen:

Move items to within reaching distance. Don't stand on chairs. Use chairs with armrests

Living room:

Keep electrical wires out of walk ways. Remove rugs and mats from the floor. Keep frequently used items close



F

Fear: Do not let fear of falling prevent social interactions and regular activity.

A

Assistive devices: Should be used if prescribed or recommended to you by a Physiotherapist.

L

Look out: for any factors that may increase a fall, poor lighting, poor fitting shoes or oversized clothing.

L

Let your family, friends or GP know if you have any fears about falling. Or medication that is making you unsteady.

S

Strengthen upper and lower body. Exercises which help strengthen your muscles can help prevent falls, by improving your balance and reactions.

Book a Better Balance Programme with Pierce O'Connor and start your rehab to better balance

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