

Physiotherapy and Falls in the Elderly

2006: Almost 1/2 of all injury-related deaths among seniors in Canada were caused by falls.

2009: Falls were responsible for 95% of all seniors' hip fractures in Canada.

More than 1/3 of people aged 65+ fall each year.

In Ontario, falls constitute one of the leading causes of preventable injury in seniors.

Injury from falls results in:



Emergency Department Visits



Hospitalizations



Admissions to Long Term Care Homes

What can physiotherapists do?



Assess, diagnose and develop effective treatment plans



Accurately identify in-patients at risk of falls



Measure patient's strength, flexibility, balance and gait



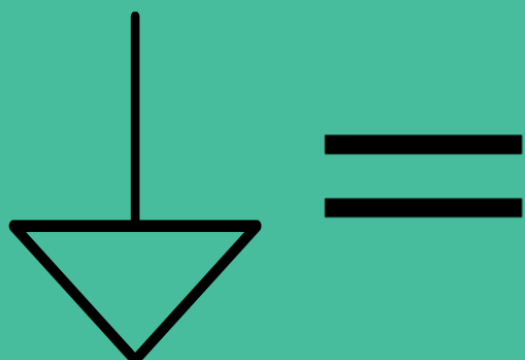
Develop programs and education to help better manage risk of falling

16-17%

Falls prevention programs including physiotherapy can be highly cost effective.

Exercise programs can reduce the rate of falling by 16-17%

20% decrease in falls



\$115 to \$157 million saved by the Ontario health system



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