

# IMG PHYSICAL THERAPY

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## Getting up from a fall...

One third of adults over the age of 65 fall each year! Unfortunately, falls are the leading cause of fatal and nonfatal injuries among older adults. In 2013, 2.5 million nonfatal falls were treated in emergency rooms and more than 734,000 of these patients required hospitalization. Falls are responsible for 70% of accidental deaths in people 75 years of age and older.

**FALLS ARE NOT A PART OF AGING!** It is usually caused by an underlying comorbid condition. Many falls are linked to a person's physical condition or medical problems.

Some reasons for falls include:

- Declining health due to aging- comorbidities
- Muscle weakness
- Poor vision
- Poor balance
- Taking multiple medicines
- Urinary symptoms
  - Urinary Tract Infection      Urinary incontinence
  - Nocturia- frequent urge to urinate at night

Some injuries/post effects caused by falls include:

- Cuts and bruises
- Bone fractures
- Fear of falling- leading to inactivity

There are programs, exercises and interventions that can help prevent a fall before they occur. You can find them on our website. But what happens if you do fall? Do you know how to get back up safely? Here are step by step instructions to help you when you fall and there is no assistance nearby.

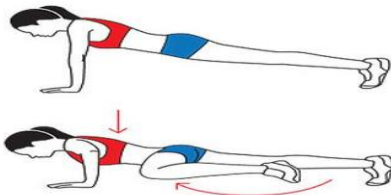
STEP 1: Lay flat on your back



STEP 2: Roll onto your stomach



STEP 3: Bring one leg up towards your elbow (Spider-Man)



STEP 4: Get on all fours (quadruped)

STEP 5: Come upright into a half kneel

STEP 6: Use both hands to push up on your knee



STEP 7: Push through your leg and stand up nice and tall!



If there's a sturdy surface near by...

