



Midwinter
Physiotherapy



STAYING STRONG AND STEADY

A guide to preventing falls, gaining confidence and aging in a healthy fulfilling way.

Evesham Leisure Centre, Abbey Road, Evesham

About **US**



We are a well-established independent physiotherapy practice with decades of experience between us all. We specialise in assisting older adults who have experienced falls, are at risk of falling or face long-term conditions that heighten their risk of frailty and falls.

Our passion lies in empowering you with the skills and knowledge necessary to prevent falls, maintain strength, and promote good health. Experience less pain, move more freely, and embrace vibrant lives.

Based in Evesham, we see clients far and wide and are happy to come to your home.



The Problem

Falls resulting in injury are the leading cause of mortality in older people. 1/3 of over 65s fall at least once a year, rising to 50% for those over 80.

Following a fall, 50% of older people experience serious mobility impairments.

There are an estimated 500,000 fragility fractures each year but less than one third receive bone protecting treatments.

Detailed falls risk assessment reduces falls by 24% and should be offered to all older people who have fallen or are at risk of falls.

‘It takes a child one year to acquire independent movement and ten years to acquire independent mobility. An old person can lose both in a day’

Professor Bernard Isaacs



Are you at risk of **FALLING?**



As you grow older, falling is not an inevitable outcome; aging gracefully IS possible. The more you fear falling, the less you tend to move, thereby increasing the risk. Those taking more than three medications are at a higher risk and night time continence problems adds to the risk.

Answer these simple questions to rate your risk:

Have you fallen in the last 12 months?

Do you use your hands to get up out of a chair?

Are you on more than 3 medications?

Yes to all you are a HIGH falls risk

Yes to 2 or less you are a MEDIUM risk

No to all you are a LOW risk.

Falls Checklist

See if you need a more detailed falls assessment.

If you tick 2 or more you are at risk and need to seek help.



I have fallen in the last year

I've not had my medication reviewed in the last year

I often get up in the night to go to the toilet

I have not had my eyes tested in the last year

My slippers/shoes have the 'lived in' look

I feel dizzy/lightheaded when I stand up

I struggle to look after my feet

I struggle to drink enough fluids

I have a long term condition (Parkinson's, COPD)

There is a lot of clutter in my home/room

I don't manage to exercise daily for 30minutes

I haven't had my ears tested for over a year

I tend to stay at home as am embarrassed about falling.

What can you do to **prevent** falling?

“All older adults should be advised on falls prevention and physical activity (British Geriatric Society, 2022).”

**The majority of falls can be prevented
by making simple changes to your
lifestyle and environment.**

Those considered at high risk should be offered
a comprehensive multifactorial falls
assessment.

Decide to make a
change TODAY!

**Turn over the page
for our top tips**



OUT & ABOUT

It's so important to keep mobile and going out and about is a great way to do this.

Here are some tips to consider to keep you safer:



Don't rush

Take your time, scan your environment so you can see hazards and plan for them. Pace yourself so you have the energy to go where you want.

Clear view

Make sure you don't carry bags that obstruct your view, wear your glasses.

Walking aid

Use your walking aid, get it measured and checked by a physiotherapist to ensure it's suitable for your needs.

Gradient changes

Watch out for the camber, gradient changes or uneven kerbs

Fall Proof your Home

60% of falls happen in your own home.

These are simple things you can do to reduce this risk:

- **Declutter:** make sure there are no wires, clutter or obstructions through your main routes.
- **Lighting:** Turn the light on when it's dark, DO NOT walk around in the dark. Consider getting sensor lights in the hallways and bedroom so you don't wake your partner for your midnight ablutions.
- **Rugs:** get rid of your rugs, I know this sounds drastic but they are such a huge trip hazard.
- **Footwear:** this is as important as when you go out, get some well fitting slippers with a grippy sole.
- **Equipment:** consider getting some grab rails and non slip mats in your bathroom to make it safer.



**Call now for your
assessment and
personalised advice:**

01386 240189



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The BEST Exercises

10 of each



Heel Raises



Single Leg Stand



Sit to Stand



Tandem Stand



Toe Raises

- Hold onto a sturdy surface
- Wear supportive shoes
- If you get chest pain, severe breathlessness or dizziness call for immediate medical help



TOP 5 TIPS

Medication

Get reviewed by your pharmacist, GP or Nurse Practitioner to check you actually need them all.

1



2

Environment

Remove rugs and declutter. Put movement sensor lights on your toilet route for night time visits.

3

Move More

Strength and balance exercises prevent ill health and maintain independence. Move more sit less!

4

Walking aids

Are you using the right aid? Is it the right height for you, are the ferrules worn? Get them checked by a physio.

5

Foot care

See a podiatrist/chiroprapist for nail and corn care. Make sure you have well fitting flat shoes.



What to do If you fall

Remain still and keep calm. You're already down, so there's no risk of falling further. Assess yourself for any injuries. Seek assistance if needed.

If you believe you're uninjured, attempt to stand up using the following steps, pausing between each one. This is a technique you can work on with your physiotherapist.

- 1** Roll onto your side and push up onto your lower elbow.



- 2** Place your hands on the floor and push up onto your hands and knees.



- 3** Crawl to a sturdy item of furniture and hold onto it pushing your self up into high kneeling.



- 4** Bring your strongest leg underneath you placing your foot flat onto the floor.



- 5** Lean forwards and push through that foot and your hands to bring your other foot underneath you into standing.



- 6** Turn yourself around carefully and sit on the furniture and rest.





What **NEXT?**



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Book in with our wonderful specialist physiotherapists to see how we can continue to reduce your falls risk and keep you mobile and independent. We are always happy to discuss your needs without any pressure to book. Live long and strong! If you're unsure please claim your FREE discovery call .

Contact us



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