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.

Injury from falls results in:
- Emergency Department Visits
- Hospitalizations
- Admissions to Long Term Care Homes

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

What can physiotherapists do?

- Asses, diagnose and develop effective treatment plans
- Measure patient's strength, flexibility, balance and gait
- Accurately identify in-patients at risk of falls
- 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