

Frederick Living Rehab

FALLS AND BALANCE IN QUARANTINE

Presented by Symbria

COVID/Quarantine EFFECTS on Mobility

- Noticing increased weakness, decreased endurance?
- Noticing increased difficulty with household tasks?
- Noticing increased fatigue and soreness with return to normal activity?
- Noticing a lack of confidence in your movement and independence?
- Noticing an increased fear of falling or lack of participation in normal activity?

Where the falls occur and why

- One-half to two-thirds of all falls occur in and around the home.
- Most common areas in living room, bedroom, bathroom and on stairways
- Many people fall due to an unsteady gait.
- Rug, uneven ground, and poor lighting
- The risk increases when people are away from familiar surroundings.

Three Stages of Falling

- **Initiation stage**- the beginning of the fall, where you actually begin to slip
- **Detection stage** - a sense that you are going to actually fall. This is when the vestibular and proprioceptive systems attempt to adjust to the fall.
- **Recovery stage** - getting up from the fall if you were not able to detect the fall in time

How To Reduce the Risk Factors Leading to Loss of Balance and Falls

- Home and safety checklist
 - Eliminate the use of throw rugs.
 - Place night lights in bathroom, hallway, and bedroom.
 - Keep a flashlight beside the bed.
 - Use handrails when going up and down stairs.
 - Get rid of clutter: magazines, newspapers, shoes, and electrical cords.
 - Avoid low furniture.
 - Only use chairs with arm rests.
 - Non-skid in the showers
 - Grab rails in the bath and shower.



Prevention of Falls

- Increase lower body strength.
- Improve balance through physical activity.
- Have the doctor review all your medications.
- Become aware of your physical surroundings.
- Avoid the fear of falling because it tends to make seniors more sedentary.
- Avoid the fear of falling because it tends to make seniors more self-conscious and less active.
- Slow, controlled movement exercises that emphasize balance and focuses more on core training
- Exercise to maintain strong bone and muscle strength.