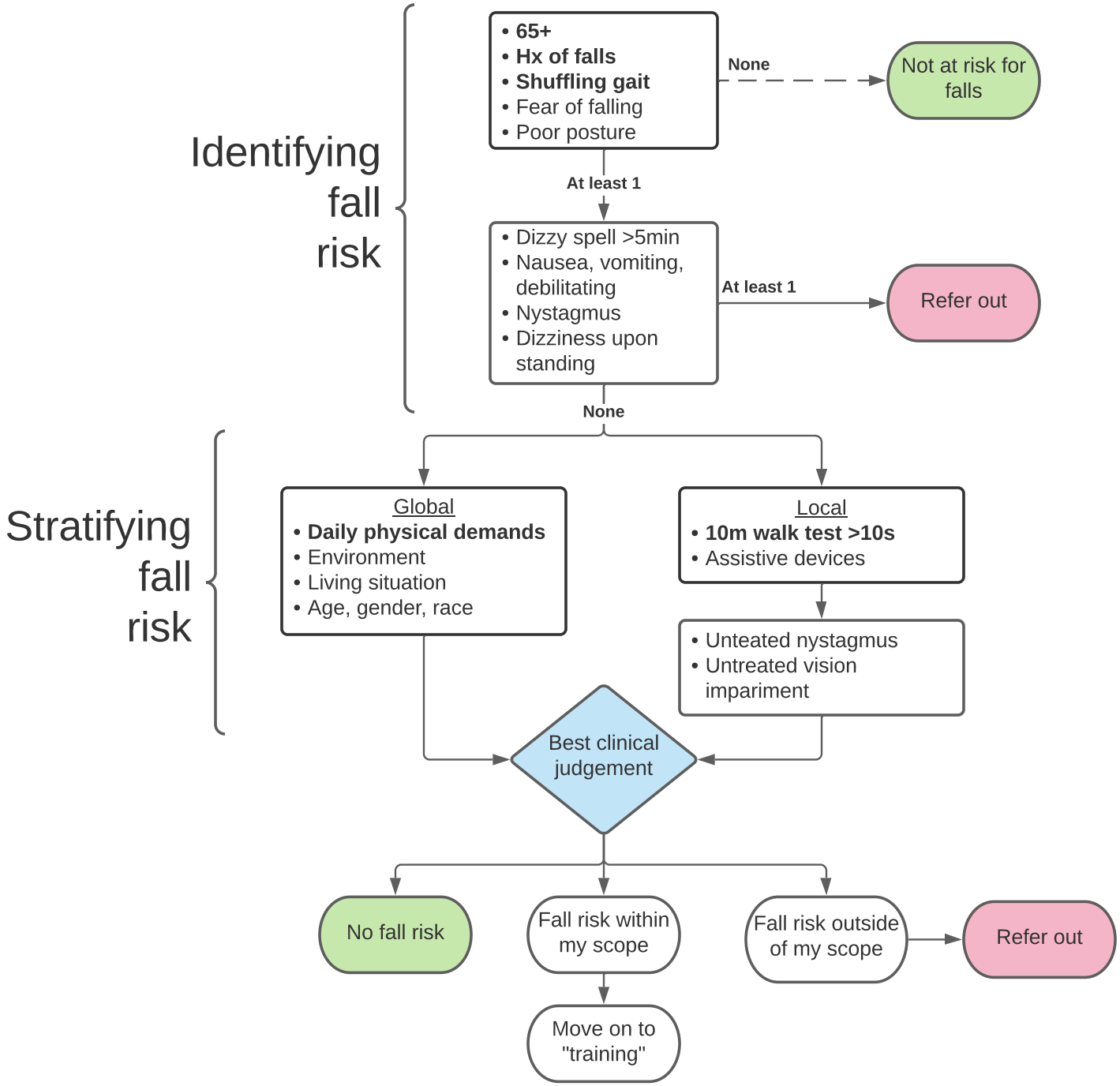
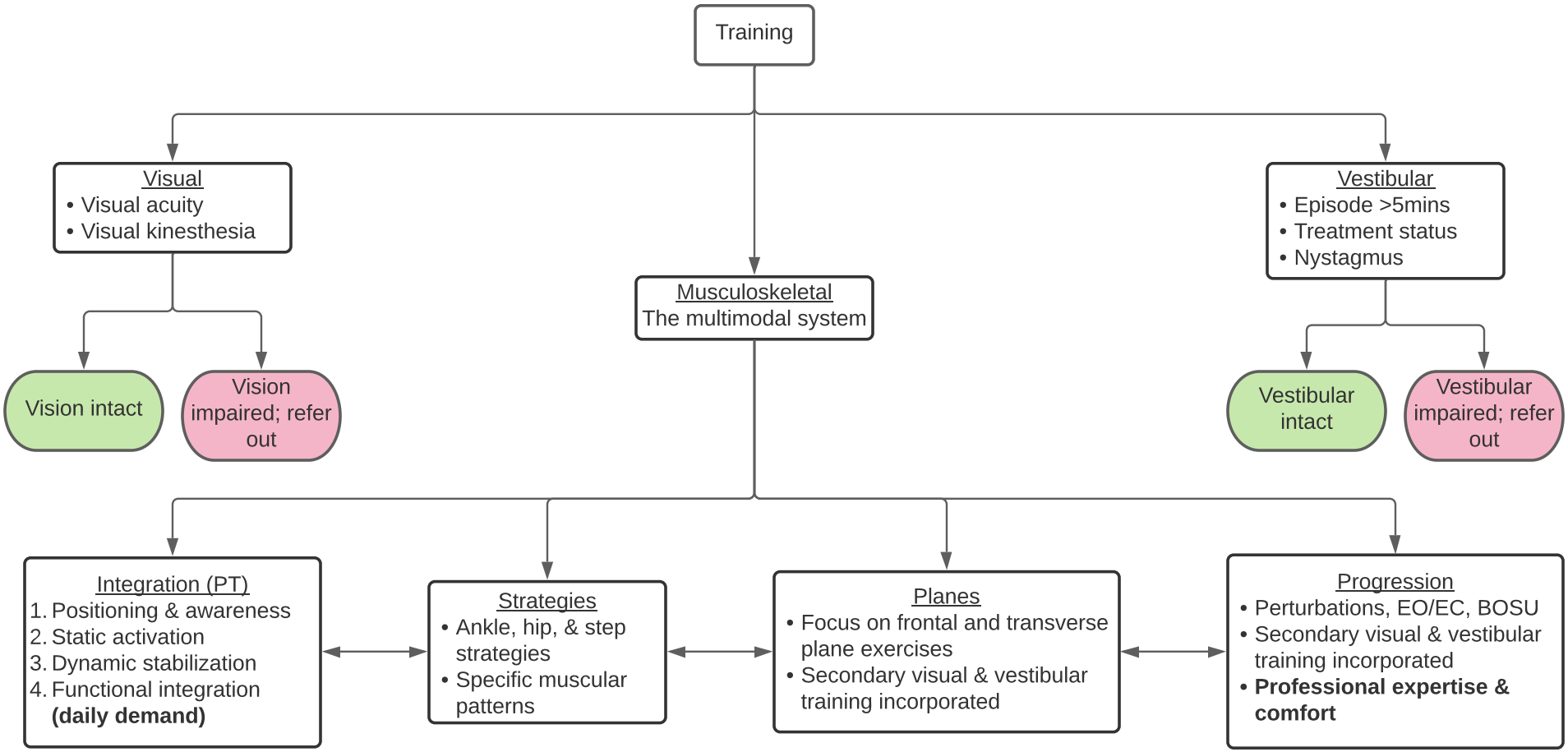

Identifying fall risk
• 65+
• Hx of falls
• Shuffling gait
• Fear of falling
• Poor posture
None
Not at risk for falls
At least 1
• Dizzy spell >5min
• Nausea, vomiting, debilitating
• Nystagmus
• Dizziness upon standing
At least 1
Refer out
None
Stratifying fall risk
Global
• Daily physical demands
• Environment
• Living situation
• Age, gender, race
Local
• 10m walk test >10s
• Assistive devices
• Unteated nystagmus
• Untreated vision impariment
Best clinical judgement
No fall risk
Fall risk within my scope
Fall risk outside of my scope
Refer out
Move on to "training"


Training
Visual
• Visual acuity
• Visual kinesthesia
Vision intact
Vision impaired; refer out
Musculoskeletal
The multimodal system
Vestibular
• Episode >5mins
• Treatment status
• Nystagmus
Vestibular intact
Vestibular impaired; refer out
Integration (PT)
1. Positioning & awareness
2. Static activation
3. Dynamic stabilization
4. Functional integration
(daily demand)
Strategies
• Ankle, hip, & step strategies
• Specific muscular patterns
Planes
• Focus on frontal and transverse plane exercises
• Secondary visual & vestibular training incorporated
Progression
• Perturbations, EO/EC, BOSU
• Secondary visual & vestibular training incorporated
• Professional expertise & comfort