

FALL PREVENTION: THE BABY BOOMERS ARE COMING!



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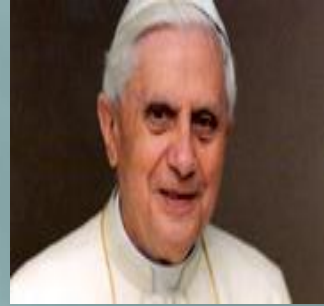
Cape Cod Sports Medicine +

Plus



****Objectives****

- ✓ Understand falls and falls-related injuries and the importance of prevention
- ✓ Identify characteristics specific to the Baby Boomer generation
- ✓ Learn the latest falls prevention recommendations
- ✓ Describe new strategies to include for successful falls prevention programming



A **Fall** is an unintentional change in position resulting in coming to rest on the ground.



“1 in 3 adults 65 and older falls each year. Older adults are hospitalized for fall-related injuries 5X more often than they are for injuries of other causes.”

U.S. Dept. of Health & Human Services
Centers For Disease Control & Prevention Aug. 2008

“By 2020, 1 in 2 Americans over age 50 will be at risk for fractures from osteoporosis or low bone mass...”

U.S. Dept. of Health & Human Services Oct. 2004

Key Messages

- ✓ Among older adults (65+), falls are the leading cause of injury death.
- ✓ As a person gets older, they may fall more often with increased # of risk factors.
- ✓ Prevention of injuries/illnesses and disease has to be the new paradigm.



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Baby Boomers



- ✓ 8 million Americans born post WWII between 1946 and 1964
- ✓ Reaching the age of 65 at a rate of 1 every 8 seconds...10,000/day

✓ Heavily influenced by a new technology...television



✓ Concerned about their health

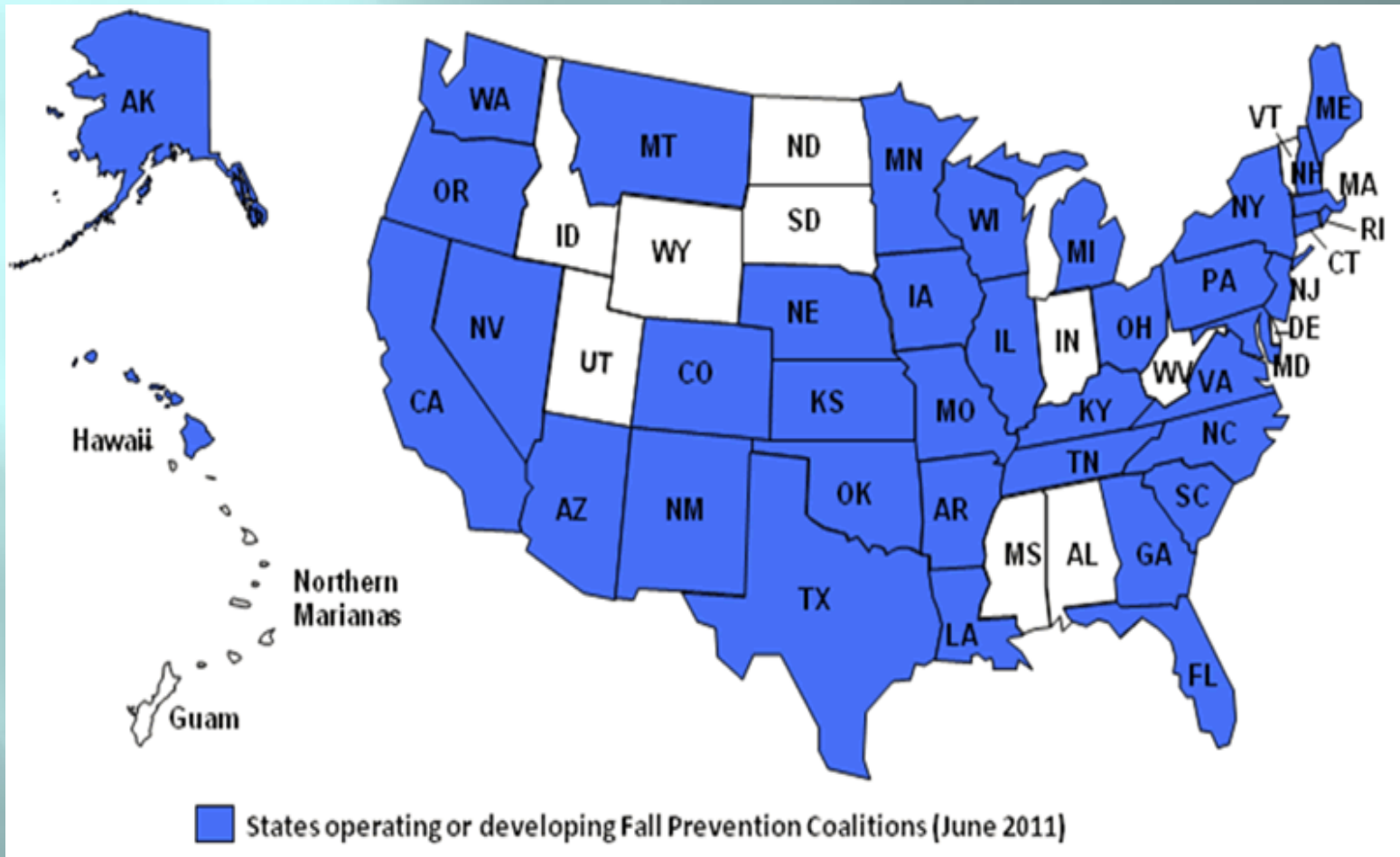
✓ 40% plan to work “until they drop”

✓ Won't accept aging gracefully!

Key Messages

- ✓ As Boomers grow in numbers...the health care needs will increase
- ✓ The prevalence of chronic conditions is growing among Boomers
- ✓ Boomers are more active than previous generations

Falls Prevention Movement



****What's New****



2010

American Geriatrics Society
and
British Geriatrics Society
Guidelines on Preventing Falls in
the Elderly

Recommendations

1. All intervention methods should include an exercise component



2. Include a number of new assessments –

a. feet & footwear



b. fear of falling



c. ability to carry out daily living activities



3. Fall screening & prevention should be a part of all healthcare practices for older adults.



4. Focused medications review



****Moving Forward****



****Functional Fitness Exercises****

- ✓ *Functional exercises*...exercises to condition the body in an unstable environment
- ✓ *Fitness* components include ... muscular strength, muscular endurance, flexibility, cardiorespiratory fitness and body composition



****Dynamic Balance Activities and Multi-tasking**

- ✓ Balance underlies all human movements and is one of the fundamental movement skills.



“Practicing dynamic activities, such as walking while changing posture, will improve confidence more than practicing more simple balance activities.”

Bishop,2010



Flexibility...Joint Mobility

The ability of a muscle or extremity to relax and yield to stretch and stress forces.

Degree of freedom of movement around a joint...balance of flexibility, strength and uninhibited movement.



****Posture & Gait Practice****

Normal gait requirements include:

- ✓ Proper skeletal alignment
- ✓ Weight acceptance
- ✓ Single limb support
- ✓ Limb advancement



****Key Messages****

Do Something...Participate!



Local, state, nationally

March 2012

Athletic Training



Practiced by Athletic Trainers ...
healthcare professionals who
collaborate with physicians and other
health care providers to optimize
activity and participation of patients
and clients...the physically active.



****Summary****

Falls & Falls Prevention

What's New

Baby
Boomers



Moving Forward

Life does not require us to
be the biggest or the best.
It only asks that we try.



Fall Prevention: The Baby Boomers Are Coming!



Thank You!