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“A fear of falling can prevent you from being active and actually increase your risk of falling. If you feel like you might fall, or are afraid, then a physio can help”

“Regular exercise is one of the best things you can do to prevent falls”

“Falls that don't result in an injury are hugely under-reported – if you fall then it's important you seek help”

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PHYSIOTHERAPY NEW ZEALAND | MOVEMENT FOR LIFE
Kōmiri Aotearoa



**AFRAID OF FALLING?
HAD A FALL OR A NEAR MISS?
PHYSIOTHERAPY CAN HELP...**

- Assess your risk of falling
- Improve your balance and strength
- Stay active and independent



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Falls, which include slipping and tripping, are the leading cause of injury in New Zealand. Over one in three people over the age of 65 will have a fall in the course of a year. Ten percent of those people who fall will break a bone or suffer a serious injury as a result.

Could you be at risk?

1. Have you had a fall in the last year?
2. Are you taking four or more medications a day?
3. Do you have Parkinson's disease or a history of stroke?
4. Do you feel you have any balance problems?
5. Are you able to stand up from a chair without using your arms for support?
6. Are you limiting what you do due to fear of falling?

If you answered YES to three or more of the above questions then you are at high risk of falling and could benefit from the help of a physio.



How can physiotherapy help?

Despite the statistics, falling is not a natural part of aging. Many falls are, in fact, preventable and a physio can work with you to ensure that you stay on your feet, independent and active.

Your physio can assess your risk of falling and design a programme that fits your individual needs.

Your physio can help with:

- Improving your balance and strength
- Education on how to reduce your risk of falling
- Designing an activity programme to suit your needs
- Advice on how to make your home safer
- Teaching you safe ways to get up if you do have a fall
- Showing you how to keep active
- Getting you involved in a community-based exercise programme.

Will it work?

Yes! Physiotherapy treatment is backed by scientific evidence. International studies show that there are a number of treatments effective in reducing falls. These include group exercise programmes including Tai Chi and home-based exercise programmes that can be designed by a physio. A physio can also advise you on ways to make your home safer, which has also been proven to reduce falls.

How do I find a physio?

Go to www.physiotherapy.org.nz and click on 'Find a Physio' to see who's available in your area.

Check that your physio is a member of Physiotherapy New Zealand. This shows they are committed to high standards of professional practice. And remember, you don't need a GP referral to see a physiotherapist.

