

# Go Pink YMCA

## Balance and Falls Prevention

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### **Risks from Falls**

- Head injuries
- Rib Fractures
- Spinal Compression Fractures
- Wrist Fractures
- Hip Fractures

### **Reasons for falls:**

- Decreased Leg Strength
- Dizziness
- Peripheral Neuropathy
- Past Strokes or Head Injuries
- Vitamin Deficiencies (Vitamin D, B12 most common)
- Electrolyte Imbalance

### **Reasons for Decreased Leg Strength**

- Hip and Knee Replacements
- Arthritis
- Past Ankle Sprains
- Quad Weakness
- Dorsiflexor Weakness
- Lateral Hip Weakness

### **Reasons for Dizziness:**

- Inner ear problems (Vestibular Imbalance)
- BPPV (Crystals)
- Acoustic Neuroma
- Stroke or Head Injuries
- Migraines

### **Types of Peripheral Neuropathy**

- Diabetes related
- Hereditary
- Idiopathic

### **Past Strokes or Head Injuries**

- Weakness
- Dizziness
- Decreased coordination

### **Common Vitamin Deficiencies contributing to imbalance**

- Vitamin D
- Vitamin B12

### **Electrolyte Imbalance**

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