

Bad balance, bad back



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Chiropractors treat _____

**1 in 3 over 60
half of all 80 year olds
fall each year**

20-30% of all injuries
10-15% of all A+E presentations

Upper limb injuries

Hip fractures

Traumatic brain injury



Risk factors:
Reduced mobility
Reduced balance

Bad balance, bad back

Reduced accuracy of movement

Reduced endurance

Rely less on proprioception and more on vision

Reduced mobility

Reduced flexion

Reduced strength

Reduced range of proprioception



Screening for falls - core gait features

Gait disorders are associated with reduced quality of life and quality of health.

Gait disorders are associated with age, lower mental function and depression.

- Gait disorder in 10% of 60-69 year olds
- Gait disorder over 60% in 80 year olds

>10cm gait width, shortened stride and reduced speed.

Screening for falls - specific tests

Single leg stance.

Eyes open = 10 + seconds

Eyes closed:

- Normal for 18-39 \approx 10 seconds
- Normal for 50-59 \approx 5 seconds
- Normal for 70-79 \approx 2 seconds

Screening for falls - specific tests

Tandem gait. 10 steps.

Eyes open \approx 9 steps

Eyes closed \approx 7 steps

Screening for falls - associated signs + symptoms

Sensory

Motor

Reflexes

Visual

Vestibular

Conclusion

Gait

Single leg stance.

Tandem gait.

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Photos:

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