

Burnside Physiotherapy

Healthy Ageing

Do you want to stay
independent for longer?

Do you want to reduce your
risk of falls and injury?

A Falls Prevention Program
is beneficial

Our experienced
Physiotherapists are
trained to help.



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Healthy Ageing

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The Facts

- One in 3 Australians over the age of 65 will experience a fall each year
- Falls are the leading cause of injury related hospitalisation of people aged 65 or older
- Up to 60% of people older than 65 years will suffer an injury from their fall
- Up to 15% suffer fractures or other serious injuries
- 1/3 of injuries relating to falls involve fracture of the hip or pelvis
- Due to our ageing population the incidence of falls and falls related injuries is expected to rise

Ref Best Practice Guideline for Aust Community Care 2009

What We Offer

Assessment:

- Falls Risk Assessments
- Balance Assessments
- Home Visits
- Full Assessment of all risk factors including shoe wear, vertigo, home environment
- Full Functional Assessments
- Musculoskeletal Assessment

Exercise for Falls Prevention

- Individual Home Exercise Programs
- Small Group Exercise Classes at our practice, addressing individual needs

Education

- Advice & strategies to reduce specific risk factors for each individual

Healthy
Ageing

Physiotherapy Treatment

- Treatment to address any specific musculoskeletal condition as necessary

The Results

As part of a Healthy Ageing approach, a Falls Prevention Exercise Program can:

- Improve your balance
- Improve your strength, mobility & function
- Reduce your pain and stiffness
- Increase your awareness and knowledge of your risk of falling
- Reduce your risk of falls and serious injury
- Improve your confidence with physical activity
- Improve your general wellbeing to assist with remaining independent for longer

Who Benefits

- Individuals experiencing falls
- Individuals with reduced confidence with a fear of falling
- Individuals with reduced strength
- Individuals who would like to improve their standing/walking balance
- Individuals who would like to benefit from assistance to improve their home environment

An appropriate Falls Prevention Exercise Program can break the cycle below.

