Keeping BC seniors on their feet is a top priority for BC’s Physiotherapists

BC Physiotherapists share 4 tips to reduce the risk of falling.

Vancouver, BC December 29, 2012 | Approximately 30% of older adults fall at least once each year. Unfortunately, an injury such as a fracture or sprain will occur in 50% of those falls. This in turn can result in a new disability or loss of independence. The good news? Many falls can be prevented. The Physiotherapy Association of BC has put together a few tips to help keep BC’s seniors on their feet and moving for life.

“As British Columbians age, a number of factors come into play and increase the risk of falling,” says Rebecca Tunnacliffe, CEO of the Physiotherapy Association of BC. “However, the risk of falling in older adults can be reduced when a physiotherapist prescribes specific exercises, activities or interventions. This includes staying physically active every day and, if necessary, using an aid such as a cane or walker to do so.”

Physiotherapists have extensive knowledge and experience when it comes to designing safe and effective exercise programs. With their help, British Columbians can keep moving for life. Here are their Physio-4 tips for balance:

1. **Try to be physically active every day.** Daily physical activity will help to improve your posture, muscle strength and balance. Enroll in a Tai Chi, yoga or supervised exercise program. Your physiotherapist will recommend therapeutic exercise that’s right for you.

2. **Go for routine exams.** Have an annual physical assessment with your physiotherapist to detect impairments to your balance. Also, ensure you visit your doctor for an annual physical and have your vision and hearing checked to help you keep tuned-in as you move around.

3. **Wear proper footwear.** Wear a good pair of lace-up shoes that will support your feet and ankles, and avoid high heels and slippers because they can increase your risk of slipping and losing balance.

4. **Use a cane or a walker.** Aids such as canes or walkers are important to help maintain balance both inside and outside your home. View them as tools to help you keep active, not as signs of weakness.

The Physiotherapy Association of BC created the Physio-4 to share the expertise of its members with fellow British Columbians. “Each month on our website, movingforlife.ca, we provide 4 tips for a specific activity or health issue relating to that month to help keep British Columbians moving for life,” says Tunnacliffe. “We want British Columbians to know that if they are injured or in pain, a physiotherapist can help. After all, we are the healthcare professionals physicians recommend most,” she states. The Physio-4 Tips for Balance provides suggestions to keep adults on their feet and prevent injury from a fall that can lead to more serious issues.

To learn more about how physiotherapists keep British Columbians moving for life, visit movingforlife.ca.

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