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Some Important Details on the Act of Falling onto Hard Landings

Each year **1/3** of adults over the age of **65** fall.

Every **11** seconds an older person is treated in an **emergency room** for fall-related injuries.

20% of falls result in **serious** injury: broken bones, traumatic brain injury, etc..

95% of hip fractures **never return** to their own home. They either **pass away** in the hospital due to complications or are sent to assisted living facilities for the remainder of their lives.

“Inability to stand on one leg for 10 seconds linked to doubling in risk of death.”
British Journal of Sports Medicine. Doi 10.1136/bjsports-2021-105360.

“After accounting for age, sex, and underlying conditions, an inability to stand unsupported on one leg for 10 seconds was associated with an 84% heightened risk of death from any cause within the next decade.” British Journal of Sports Medicine. Doi 10.1136/bjsports-2021-105360.

Falling results in more than **800,000 hospitalizations** each year at a cost of over **\$50 billion**.

Just 1 fall increases **the fear of falling**. This fear results in decreased **physical activities**, which in turn is a **direct cause** of more falls . . . it is truly a vicious cycle.



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The benefits of improved balance include **increased longevity** and **performance in activities** such as self-care, hobbies, athletics and time with family for people of all ages.

During my chiropractic career, I have had numerous older clients who have explained that **their biggest fear is the fear of falling**. In ensuing discussions several have offered that their fear of falling is stronger than their fear of getting cancer.