



SERC Physical and Hand Therapy

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ARE YOU AT RISK FOR A FALL?

Circle your answers to the following questions.

- | | | |
|--|------------|-----------|
| 1. Have you recently experienced slips, trips, near falls or falls | Yes | No |
| 2. Do you commonly have difficulty keeping your balance | Yes | No |
| 3. Do you often feel dizzy... | | |
| a. ...when standing and walking? | Yes | No |
| b. ...with head movement | Yes | No |
| 4. Do you frequently have difficulties walking on uneven surfaces? | Yes | No |
| 5. Do you occasionally experience a “spinning sensation”? | Yes | No |
| 6. Do you take three or more medications regularly? | Yes | No |
| 7. Do you drink alcohol frequently? | Yes | No |
| 8. Do you experience noise & ringing in your ears? | Yes | No |
| 9. Do you have hearing problems? | Yes | No |
| 10. While standing on one foot, do you lose your balance before you can count to 10? | Yes | No |

Your physician talks to people with poor balance every day. Doctors can help identify causes of dizziness and poor balance and can recommend solutions. Once the cause of a balance problem is clearly identified, and when a personalized recovery program is followed, normal balance is recovered about 85% of the time. Neither the fear of falling nor fall-related injuries is a natural part of aging. Do not hesitate to discuss your concerns with your physician.