

Falls

Prevention

Regular physical activity is the only thing repeatedly shown to prevent frailty, reverse muscle wasting and improve physical function ([Landi 2014](#)).

Being physically active also strengthens bones and reduces the risk of hip fracture by up to 68% ([Cochrane 2012](#); [SASA](#))

A single course of exercise can reduce your chance of falling by 14% ([Sherrington 2011](#)).

By combining regular exercise with specific work on strength, balance and confidence on your feet, your chance of falling can be reduced by up to 29% ([Cochrane 2013](#)).

Treatment

Contrary to popular opinion, the muscles of old people respond just as well to exercise and strength training as the muscles of younger individuals ([Landi 2014](#)).

If you can't stand up without using your arms to help you, you need to exercise more to improve the strength of your leg muscles.

Comparisons

Alendronate, a common medicine used to strengthen bones, reduces hip fracture rates by 38% - far less than exercise, which reduces rates by up to 68% ([Jacques 2012](#))

Advice

Do challenging balance exercises daily; Tai Chi is a great way to achieve this ([ACSM 2009](#))

Take care if doing activities involving fast movements or changes in direction, especially on hard or slippery surfaces; wearing grippy shoes can help reduce your chance of slipping too ([Giangregorio 2015](#))

If you have fallen in the past or feel unsteady on your feet, try safe forms of exercise first, such as seated exercise or a static bike in the gym. If you find it hard to do this you can start with exercises in your bed ([Peterson 2010](#); [Montero-Fernandez 2013](#)).

Working on your strength for just two hours per week can make the difference ([Sherrington 2011](#)).

Further resources for Healthcare Professionals

[Motivate to Move – Musculoskeletal Health](#)