



EXERCISE TRAINING FOR REHABILITATION AND SECONDARY PREVENTION OF FALLS IN GERIATRIC PATIENTS WITH A HISTORY OF INJURIOUS FALLS

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INTRODUCTION:

Physical activity is body movement that is produced by the contraction of skeletal muscles and that increases energy Expenditure, Exercise is planned, structured, and repetitive Movement to improve or maintain one or more components Of physical fitness.

An age-related decline in function of the sensorimotor systems that contribute to the maintenance of postural control leads to an increased risk of falling with advanced age, of particular importance is muscle strength and power in the lower limbs, reaction time and balance, all of which can be improved with appropriate exercise.

The recent Cochrane review of Interventions to prevent fall in community dwelling older people concluded that exercise can reduce the risk and rate of falls in older people by between 15 and 32%, depending on the type of program and measures used to assess effectiveness the role of physical activity (as opposed to structured Exercise programs) in fall prevention is less clear.

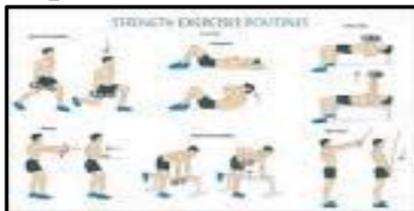
IMPORTANCE OF EXERCISE :

1. Reduce the risk of falls and related injury
2. Improve neuromuscular functions
3. Progressively improving upper and lower limb strength, mass and bone density
4. Making improvement in postural alignments and gait technique, balance and coordination
5. Increasing confidence, coping strategies and reducing the fear of falling



TYPE OF EXERCISE FOR ELDERLY

1. Strengthening exercise; this helps build muscles and increase metabolic activities. This include press up weight lifting etc.



2. Balance exercise; such as (aerobics, tennis, yoga and dancing). This helps sensorimotor coordination and enhances balance and strength



3. Stretching exercise this provide elderly with more freedom of movement, this allow a person to be more active and strong



4. Endurance exercise (this includes walking , jogging, rope jumping and swimming. This improves heart rate and breathing for an extended period of time



SUMMARY

Falls are the leading cause of injury deaths among adults age 65 and older. One in three Americans age 65 and older falls each year. In 2007, approximately 1.9 million older adults were treated in hospital emergency departments for fall related injuries, and about 491,500 were subsequently hospitalized.

More active people experience fewer falls but it does not appear that we can prevent falls by simply encouraging older people to be more active. Undertaking specific balance challenging exercise on a regular basis for a sustained period of time is essential to significantly reduce fall risk. This targeted approach is the key to reducing fall related injury and the associated public health burden, a collective home exercise at home is also helpful

REFERENCES

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2. Terry Hainsworth,{BSc, RGN}.The role of exercise in falls prevention for older patients.2004, *Nursing Times*;100:18,28–29.