

Falls Prevention

Long-Term Resiliency Customized for Your Needs



Falls are the leading cause of fatal and nonfatal injuries in older adults. Our team understands that falls prevention is a critical important part of ensuring your long-term health and wellbeing.

As we age, falls pose increasing risks to our health. Nearly 1 out of 5 falls cause a serious injury such as a broken bone or a head injury. Additionally, many older adults who fall develop a fear of falling and reduce their activity. This increases their risk for falling. Falls can lead to a loss of independence and ability to perform everyday activities.

From personalized physical therapy assessment to comprehensive medication review and tai chi classes, we provide a comprehensive approach to reduce patients' fall risk through services and programs that improve patient balance, strength, and overall health.

During the visit, you and a member of your care team will:



Assess your individual risk factors such as balance, blood pressure, vision, and strength



Identify potential environmental risks in your home



Develop a plan to strengthen your resiliency against falls through a combination of physical therapy and lifestyle medicine, including:

- balance training
- nutritional counseling
- fitness classes
- medication review
- PT and tai chi session services
- home assessments



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Call 502-588-4340 or visit www.tragerinstitute.org/falls-prevention to schedule your falls risk assessment