A Leaflet



All About Falls

St. Michael's House Physiotherapy Department

Falls



What you can do

Take exercise daily, like walking
If you use something to help you walk - make sure you are using it properly
When you walk, don't rush

What you can do



Check with your doctor if you think your medication is making you unsteady



Have regular eye tests

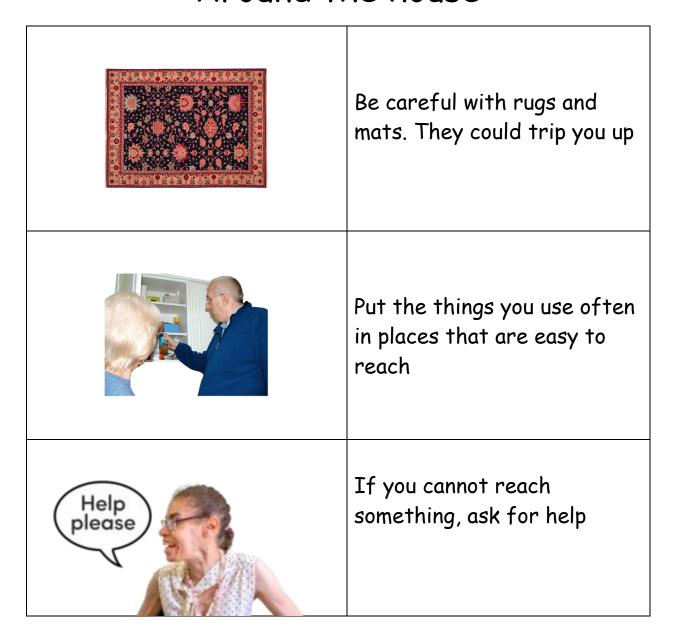


Get up slowly from laying down or sitting. If you feel dizzy see your local doctor

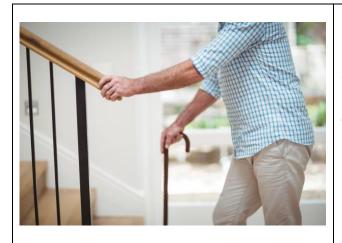
What you can do



Around the house



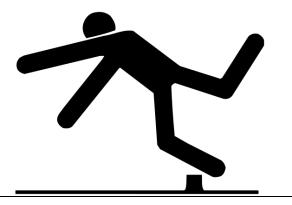
Around the house



Take your time when climbing stairs. Don't rush



If you have handrails on both sides of your stairs, please use them to make it safer



Don't leave things in places that may make you trip up

What to do if you fall



What to do if you fall and can get up



Physiotherapy and falls

