



Healthy Bites Episode 17 – Physiotherapy and falls

Hi, my name is Mana, I'm a physiotherapist with Central Coast Health.

After having a fall you may be referred by your GP to a physiotherapist. A physiotherapist can work with you to assess the reasons why you may not be feeling as steady and confident on your feet as you used to be. They do this by assessing your strength, mobility and balance. They then tailor an exercise program to increase your strength, challenge your balance and tailor other falls prevention strategies with you.

Other simple tips to keep you confident on your feet include staying up to date with routine health checks; having your medications reviewed regularly by your GP or pharmacist; having regular eye checks; eating a healthy diet; exercising daily to improve your strength and balance; removing clutter around the home; wearing appropriate footwear that fits well, has low or no heels and has slip-resistant soles; ensuring there is adequate lighting at night when getting up go to the toilet; and using your walking aid if you normally use one.

So, by making some small adjustments, you give yourself a much better chance of staying on your feet.