



Support Beyond the Clinic

- Connect to community programs such as VON SMART, Stay on Your Feet & Ontario's Exercise and Falls Prevention Program
- Keep exercise going
- Support at home and socially

After a Fall: What To Expect

Initial Stage

- Pain, swelling, and reduced movement in the first days
- Low energy and slower pace



Treatment

- May include surgery, a cast, or a supportive brace

Rehab Team

- Physiotherapist (PT)
- Occupational Therapist (OT)
- Physician



Core Rehab Components



- Restore movement first
- Rebuild strength for mobility
- Train for real-life tasks
- Prevent the deconditioning spiral

Fall Risk Factors

Poor Fitting Shoes

- Choose well fitting shoes with closed backs & non-slip soles
- Wide toe box
- Laces or velcro fasteners



Vision & Hearing Difficulties

- Clear vision supports safer navigation
- Hearing links to balance so hearing checks are very important



Medications

- Prescriptions can cause dizziness, drowsiness, or unsteadiness
- Don't stop or start a medication without speaking to your healthcare provider



Environmental hazards

- Remove or secure loose rugs, cords, and clutter
- Improve lighting
- Bathroom area: grab bars/handrails, non-slip mats, and ask staff for assistance