

Learning Objectives

MedBridge Education

Fall Prevention and Balance Restoration for Seniors

Stephen Barbuto, DPT, OCS, COMT, ATC, CSCS

Upon completion of this course, the online learner will be able to:

Module 1: Introduction

1. Identify the causes and effects of falls and hip fractures in older patients.
2. Identify the major risk factors in falls including those related to age, race, sex, the sensory-nervous system.
3. Outline basic guidelines for fall prevention strategies as defined in current research.

Module 2: Basic Balance Progressions

1. Implement basic balance progressions with patients to address proactive and reactive balance.
2. Design an exercise program to improve patient balance and fall recovery, and understand how to progress them through exercises from kneeling to standing.

Module 3: Balance Strategies

1. Take a patient through balance progressions including static and dynamic positions.
2. Design exercise programs to control and improve patient balance through stepping, ankle and hip exercises.

Module 4: Balance Tests Part I

1. Compare and contrast strategies for balance prevention involving shoes and bare feet based on research related to the topic.
2. Implement and score patients with the Dynamic Gait Index (DGI)
3. Implement and score patients with the Timed Up and Go Test (TUG)
4. Implement and score patients with the Standing Reach/Functional Reach test.

Module 5: Balance Tests Part II and Fall Prevention

1. Implement and score patients with the Berg Balance Test (BBT).
2. Implement and score patients with the Tinetti Balance Test/Performance Oriented Mobility Assessment (POMA).
3. Differentiate between visual, vestibular, and kinesthetic balance problems in patients through the Clinical Test of Sensory Interaction and Balance (CTSIB-modified).