



The Gibson Center
YOUR ONE-STOP HEALTH SHOP

Chiropractic, Acupuncture,
Allergy & Stress Relief

Some Important Details About Falling onto Hard Surfaces

- Each year **1/3** of adults over the age of **65** fall.
- Every **11** seconds an older person is treated in an **emergency room** for fall-related injuries.
- **20%** of falls result in **serious** injury: broken bones, traumatic brain injury, etc..
- **95%** of hip fractures **never return** to their own home. They either **pass away** in the hospital due to complications or are sent to assisted living facilities for the remainder of their lives.
- “Inability to stand on one leg for 10 seconds linked to doubling in risk of death.” British Journal of Sports Medicine. Doi 10.1136/bjsports-2021-105360.
- “After accounting for age, sex, and underlying conditions, an inability to stand unsupported on one leg for 10 seconds was associated with an 84% heightened risk of death from any cause within the next decade.” British Journal of Sports Medicine. Doi 10.1136/bjsports-2021-105360.
- Falling results in more than **800,000 hospitalizations** each year at a cost of over **\$50 billion**.
- **Just 1** fall increases **the fear of falling**. This fear results in decreased **physical activities**, which in turn is a **direct cause** of more falls . . . it is truly a vicious cycle.

The benefits of improved balance include **increased longevity** and **performance in activities** such as self-care, hobbies, athletics, and time with family for people of all ages.