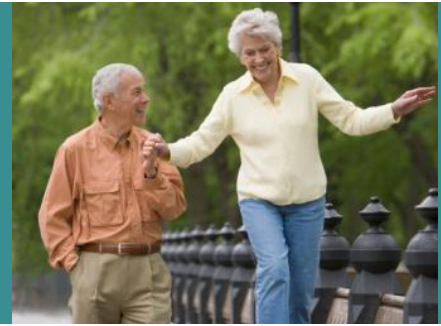


## FALLS PREVENTION OUTREACH PROGRAM

The Canadian Chiropractic Association's (CCA) public education program *Best Foot Forward — Don't let a fall get you down*, provides tips and advice on preventing falls, including advice on improving strength, balance and creating a safe environment. For further information about the program visit the CCA's website at [www.chiropracticcanada.ca](http://www.chiropracticcanada.ca).



### PURPOSE

The OCA *Falls Prevention* activity can be used as an interactive component to any outreach, including at a public education booth, or to enhance a presentation. The program provides an opportunity to engage the public by having them participate in interactive tasks, such as a simple quiz to determine balance, or a balance test. Once a participant's balance has been evaluated they can be given tips on falls prevention. The program also provides chiropractors with an opportunity to talk about the importance of balance and its relation to falls prevention.

### INTERACTIVE PROGRAM

Once you have identified an opportunity, you can use the following information to engage your audience with these simple tests, exercises and quiz.

### WHAT YOU WILL NEED

- CCA falls prevention brochures
- Chair
- Stop watch
- Tape
- Take-away tip sheet

### Step-by-Step Activities

#### TAKE A BALANCE QUIZ

1. Have participants answer questions from the CCA's *Best Foot Forward — Don't let a fall get you down* brochure to determine their risk for falls.

#### TRY A BALANCE TEST\*

##### One Leg Stance Test

**PREP:** Have the participant stand next to a chair or object that can be used for support if needed.

1. With eyes open and hands on hips, ask the participant to stand on one leg. Using a stopwatch time how long the participant can stand unassisted.
2. Start timing from the time the foot is lifted off the floor until it touches the ground or the hand(s) leave the hips.

**Results\*:** Participants unable to perform a one-leg stand for at least five seconds are at an increased risk for falls.

##### Timed Up and Go Test (TUG Test)

**PREP:** Place an armchair so that it is stable and will not move, then place a piece of tape or other marker on the floor three meters away from the chair.

##### The Test:

1. Have the participant in the chair with their back pressed against the back of the chair.
2. Instruct the participant as follows: On the word "Go" stand up, walk to the line on the floor, turn around and walk back to the chair and sit down. Indicate they should walk at a regular pace.
3. Start timing on the word "Go" and stop when the participant has returned to their sitting position with their back against the chair.

**Results\*:** Participants can have one practice trial, perform three additional trials and record the average time. Participants taking longer than 14 seconds to complete this task are at an increased risk for falls.

##### Functional Reach Test

**PREP:** Attach a measuring tape to a wall at shoulder height and have a chair for support close by.

##### The Test:

1. Have participant stand next to wall and extend their arm in front of them, their hand should make a fist.
2. Take note where the metacarpal phalangeal (MCP) joints line up with measuring tape.
3. Instruct the participant to reach as far forward as they can without taking a step. Take note of the end position of the MCP joints on the measuring tape and record the difference between the starting and ending position numbers.

**Results\*:** If the participants' feet move, that trial must be discarded and repeated. Participants can have two practice trials, after perform the test three more times and record the average. Participants unable to reach less than six inches have limited functional balance. Most healthy individuals with adequate balance can reach 10 inches or more.

\* Make sure to convey to participant that this test doesn't constitute a diagnosis and to have someone present to provide support when carrying out the balance tests.



## TIPS FOR A SUCCESSFUL EVENT

### Try to:

- keep activities educational and promote the chiropractic profession, as a whole, not your individual service.
- get the maximum number of members involved.
- have a professional looking display.
- have appropriate handouts and give-away materials from reputable sources.
- refer the public to the OCA's "Find a Chiropractor" feature at [www.chiropractic.on.ca](http://www.chiropractic.on.ca), or our toll-free referral number 1-877-327-2273.
- demonstrate using models and props.
- remember you are representing the profession as a whole when dealing with the public.
- ensure that you are familiar with and follow the CCO Public Display Protocol Policy — (P-016) and the Advertising Standard of Practice (S-016).

### Avoid:

- pre-screening patients or performing spinal screenings.
- providing treatment to anyone in a mall or trade show setting.
- offering free consultations as a result of someone coming to the booth.
- performing any examination procedures at a mall display (including thermography scanning, SAM machines, etc.)
- guessing — If you're not sure of an answer to an inquiry don't guess. Get contact information and indicate you will get back to them.
- talking negatively about other professions or professionals.
- handing out your own business cards or booking appointments with potential clients.
- making an on-the-spot diagnosis.
- providing specific treatment advice or discussing specific back issues with participants.

**Please share with us any stories of successful events/ approaches you or your Society have used in your community.**



### Tests and normative data:

- \* Podsiadlo D., Richardson S. (1991). The Time "Up & Go": A Test of Basic Functional Mobility for Frail Elderly Persons. *Journal of the American Geriatrics Society*, 39(2).
- \* Fregly AR., Graybiel A. (1968). An ataxia test battery not requiring rails. *Aerospace Medicine*, 39:277-282.
- \* Duncan PW., Weiner DK., Chandler J., Studenski S. (1990). Functional reach: a new clinical measure of balance. *Journal of Gerontology*, 45: M192 - M197.

## INQUIRIES

Questions and requests for assistance or further information may be directed to:

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