



# 10 FACTS About Falls & Balance

Courtesy of the CDC's [STEADI Fall Prevention Initiative](#)

- 1 One out of every four older adults falls annually.
- 2 Every 11 seconds, an older adult is treated in the emergency room for injuries due to a fall.
- 3 Falling once doubles your chances of falling again.
- 4 Falls are the leading cause of fatal and non-fatal injuries for older Americans.
- 5 Thirty percent (30%) of those who fall suffer moderate injuries.
- 6 Twenty percent (20%) of all falls cause serious injuries, such as broken bones or head injuries.
- 7 Ninety-five percent (95%) of hip fractures are due to falls.
- 8 Falls are the most common cause of traumatic brain injuries (TBIs).
- 9 When squirrels fall, they use their tail for balance and as a parachute!
- 10 The beaver, squirrel, cougar, and kangaroo all use their powerful tails to stay balanced.

*fun facts!*

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**Our Therapy & Wellness Team can be reached at: 520-721-3033**

**Villa 2 - Room 170 | 8111 E Broadway Blvd. | Tucson, AZ 85710**

