



Fall Risk Factors

Although it may not be possible to completely eliminate falls, it is crucial to understand the factors that contribute to them and take steps to minimize those risks.

These risk factors can increase the likelihood of experiencing a severe fall resulting in serious injuries.

1.	Muscle weakness & fatigue.
2.	Impaired vision
3.	Neurological disorders.
4.	Cognitive deficits.
5.	Environmental hazards: lots of clutter around the home, floor rugs, poor lighting.
6.	Balance & coordination deficits.
7.	Somatosensory changes: sensations such as touch, pressure, and vibration/movement: nerve damage due to diabetes, for example.
8.	Auditory changes
9.	Medications
10.	Fear of falling

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

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