

ARE YOU AT RISK OF FALLING?

1. Have you fallen in the past?
2. Do you have arthritis in your feet or ankles?
3. Do your legs or ankles feel weak or unsteady?
4. Do you drag your feet, stumble or shuffle when walking?
5. Do you find it necessary to grasp stationary objects, like walls / furniture / rails, to gain balance when walking?

If you answered "Yes" to any of these questions, ask your healthcare provider about your options.

Facts on Falls

- Almost 1/3 of seniors experience a fall each year
- Falls / fall related injuries are the leading cause of accidental deaths & Emergency Department admissions among Seniors
- If you have fallen, there is a 50% chance you will fall again
- Almost 50% of fall victims have to reduce their activity level after the incident



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