

## Medical Quiz Answers

- A1. Muscle weakness, unsteady walking and some medications.
- A2. Rehabilitation programs and the use of crutches or wheelchairs.
- A3. Training Use of a wheelchair and crutch.

### DISCUSSION

The percentage of persons above the age of 65 is rising over the world<sup>1</sup>. Falls among the senior are a prevalent and often fatal occurrence, with one-third of those over the age of 63 and half of those over the age of 90 falling every years<sup>2</sup>. Falls can lead to an increase in morbidity, mortality, and health-care utilization, as well as the need for institutional care. The majority of falls have known risk factor. The main reason is weakness in body movements, as well as unsteady walking, osteoporosis and some types of medications, all of which lead to falls and movement problems. Changing these risk factors has been proven in several studies to significantly reduce the number of persons who fall<sup>3</sup>. Falling risk assess and interventions, e.g. movement and risk-reduce programs, have now been proven to be the most effective and cost-effective fall prevention strategies. Improving lower limb strength and balance through exercise is one of the most effective single ways for reducing the risk of falling<sup>4</sup>.

### CONCLUSION

**The training programs that can be provided to the elderly related to movement, walking and training have a positive role in reducing the risk of falls among the elderly. But there is a need to conduct larger studies for the purpose of implementing rehabilitation**

**programs related to improving physical function to reduce the risk of falls.**

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**Potential Conflicts of Interest:** None.

**Competing Interest:** None.

**Sponsorship:** None.

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### REFERENCES

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