

KINESIOLOGY (EXERCISE) REFERRAL

FOR ADULTS 65+ OR FRAIL ADULTS

[BCAK Find a Kinesiologist](#)

FALLS ARE A HEALTH CARE CRISIS:

According to the BC Ministry of Health and the Public Health Agency of Canada:

- Everyday 3 older adults die from a fall: 1,000 direct and indirect deaths annually.
- Falls are the cause of 40% of admissions to facility-based care.
- Falls are the cause of 95% of hip fractures, 30% of which result in death within the following year, and 50% of those affected lose both mobility and independence.

WHAT CAN PHYSICIANS DO?

The BC Government produced Clinical Practice Guidelines (BCGuidelines.ca) for fall prevention:

[Fall Prevention: Risk Assessment and Management for Community-Dwelling Older Adults - Province of British Columbia \(gov.bc.ca\)](#)

The Guidelines recommend that BC physicians annually evaluate the fall risk in patients ≥ 65 years old, **using one of two methods:**

Option 1:

Ask these three questions:

1. Have you fallen in the past year? If yes,
 - a. How many times?
 - b. Were you injured?
2. Do you ever feel unsteady when you stand or walk?
3. Do you worry about falling?

If the patient answers “yes” to any of the three questions above, carry out a multifactorial risk assessment and fall history.

Option 2:

Ask the patient, or their caregiver, to complete Staying Independent Checklist to identify major fall risk factors (see the Associated Document: Staying Independent Checklist).

1. If the patient HAS fallen in the last year, they may be at risk of falling again.
2. If the patient scored four (4) points or more on the checklist, they may be at risk of falling.

IS YOUR PATIENT WEAK? SCARED OF FALLING? AT RISK OF FALLS?

If your patient is deemed at risk of falls, or in need of fall prevention, the guidelines state:

“**The single most effective fall prevention intervention is participation in a safe exercise program designed to improve strength and balance.**”

KINESIOLOGY (EXERCISE) REFERRAL

FOR ADULTS 65+ OR FRAIL ADULTS

[BCAK Find a Kinesiologist](#)

The most effective exercise:

- Needs to be tailored to the individual (i.e. prescribed to the right level and taking fall history, functional ability, medical conditions, and pharmacological interactions that effect balance into account).
- Needs to be delivered by trained exercise specialists, such as Practicing Kinesiologists, to ensure appropriate exercise assessment, prescription, and therapy.
- Will not increase the risk of falling (some options to reduce risk: in a pool, lying down, holding the kitchen counter, etc.).

KINESIOLOGISTS PRESCRIBE FUNCTIONAL EXERCISE FOR FALL PREVENTION.

Refer to a Kinesiologist! Kinesiologists are university-trained professionals that apply anatomy, physiology, biomechanics, psychology and neuroscience to assist in the prevention and rehabilitation of injury (e.g. falls) and chronic health conditions.

The BC Association of Kinesiologists (BCAK) requires that its practicing kinesiologists follow the scope of practice guidelines and have the education, insurance, and essential competencies to work with the public.

Kinesiologists conduct baseline assessments and tailor the exercise programs to achieve the goals of the patient. Kinesiologists work as part of interdisciplinary teams to ensure integrated best-practices for safe and effective treatment. Kinesiologists work in the community in people's homes, long term or assisted living facilities, recreation centres or gyms, and pools, depending on the patient's needs.

TO REFER TO A BCAK PRACTICING KINESIOLOGIST,
[CLICK HERE](#)

