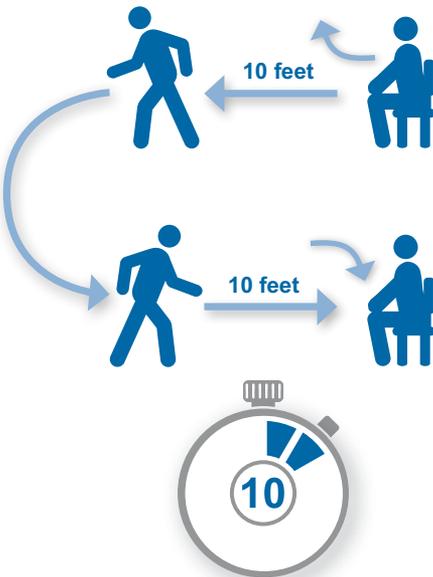


Offer the following interventions to all patients at a high risk of a fall:

- ✓ Individualized exercise program
- ✓ Vitamin D₃ supplementation
- ✓ Home hazards evaluation

Evaluate gait and mobility using the TUG test

Timed Up-and-Go test¹



Instructions

- Ask the patient to sit in a standard chair.
- Tape a line on the floor 10 feet away.
- Tell the patient to “Stand up from the chair, walk at your normal pace to the line on the floor, turn, walk back to the chair, and sit down again.”
- Repeat 3 times and average trials 2 and 3.
- Average time > 12 seconds suggests high risk.

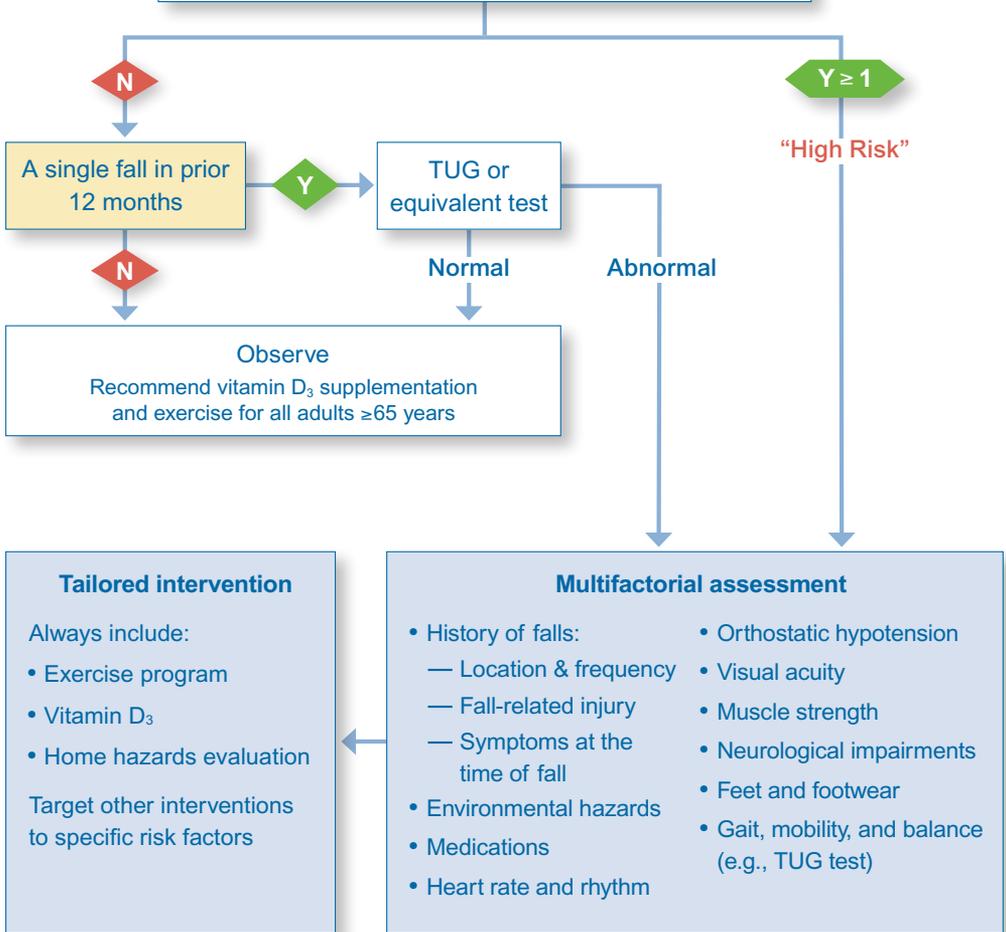
In addition, the TUG test may reveal several characteristic gait patterns.

(1) Podsiadlo D RS. The timed “Up & Go”: a test of basic functional mobility for frail elderly persons. *Journal of the American Geriatrics Society*, 1991;39:142-148. (2) Panel on Prevention of Falls in Older Persons. American Geriatrics Society and British Geriatrics Society (2011), Summary of the Updated American Geriatrics Society/British Geriatrics Society Clinical Practice Guideline for Prevention of Falls in Older Persons. *Journal of the American Geriatrics Society*, 59: 148–157.

Screen all adults over 65 years annually for risk of falls with 3 simple questions

Screening questions:

1. Have you had two or more falls in the past year?
2. Are you here today because of a fall?
3. Do you have difficulty with walking or balance?



More information on the evidence behind these recommendations can be found at alosafoundation.org