

🕒 TAKES 5 MINUTES OR LESS

## WHAT'S YOUR FALL RISK?

Your risk of falling is not measured on age alone. Many factors influence it, including balance, strength and functional mobility to name just a few. Knowing if you're at risk of falling is an important first step to prevention.

📋 Try these two tests on your own at home to assess your balance, functional mobility and fall risk.



### Test #1: Timed Up & Go.

This is a simple test of general lower body strength and spine mobility. All you need is a chair, a way to measure out 10 feet, and a basic timer. That's it.

### Let's Check Your Results.

Use this chart to compare your score relative to your age:

Your Age	Time That You Should Be Able to Complete The Test:
60-69 years old	6-8 seconds
70-79 years old	8-10 seconds
80-89 years old	10-12 seconds without a device 13-25 seconds with a device
90-101 years old	12-21 seconds without a device 18-22 seconds with a device

If your result was 14 seconds or more, regardless of your age, you might be at an increased risk of falling. **We can help. Reach out to us at 315.635.5000 extension 26 or visit [www.onondagapt.com/fallsprevention](http://www.onondagapt.com/fallsprevention).** We will discuss your results, answer any questions you may have and facilitate a falls prevention plan with you and your physician.

### Perform The Test Yourself.

Set it up. Find a nice sturdy chair and place it in a wide open space. Measure out 10 feet from the chair. Mark this spot with something from around the house. This is your turn-around point. Next, get your timer ready at the chair.

🪑 Start by Sitting Down.

Take a seat to get started. Next, stand up.

🕒 Start the Timer When Fully Standing.

Once you have stood up, start the timer.

🚶 Walk 10 Feet. Turn Around. Walk Back to the Chair.

Walk 10 feet away to where your marker from the set up instructions. Turn around and walk back to the chair.

🪑🕒 Sit Back Down. Stop The Timer When You Are Fully Seated.

Take a seat again. That's it. How did you do? Regardless of your age, you should be able to complete this test in **14 seconds or less.**

## Test #2: 30-Second Sit-To-Stand.

This is a simple test of the strength and endurance of your legs. All you need is a chair and a basic timer. That's it. The goal is to determine how many times you can stand up and return to sitting safely within 30 seconds.

### Let's Check Your Results.

Regardless of your age, if you experienced any difficulty completing this test for the duration of 30 seconds of repeating the movement, you might be at an increased risk of falling. **We can help. Reach out to us: 315.635.5000 extension 26, or visit [www.onondagapt.com/fallsprevention](http://www.onondagapt.com/fallsprevention).** We will discuss this result, answer any questions you may have and facilitate a falls prevention plan with you and your physician.

Use this chart to view your score relative to your age and gender.

If you are age:	Number of Stands - Women	Number of Stands - Men
75-79	10-15	11-17
80-84	9-14	10-15
85-89	8-13	8-14
90-94	4-11	7-12

## Perform The Test Yourself.

Set it up. If you completed test #1 already, you are mostly prepared for this second test. Find a nice sturdy chair and place it in a wide open space. Next, get your timer ready at the chair.



### Start by Sitting Down.

Sit in the chair, feet flat on the floor and sitting upright



### Set the Timer for 30 seconds. Start it When You Begin Standing.

Set the timer for 30 seconds so it is ready to go. Begin the countdown when you begin to stand for your first repetition.



### Stand up. Sit back down. Return to Standing. Repeat.

Stand up fully, knees and hips straight. Then return to a fully seated position. Do this as many times as you can safely until your timer ends at 30 seconds. Be sure to keep count of your repetitions. only counting the ones you complete entirely.



### Stop When The Timer Reaches 30 seconds.

That's it. How did you do? Did you experience any difficulty completing this test? Check your results to the left.



## PREVENTION IS KEY.

*Each year, 1 in 4 Americans aged 65+ fall, resulting in more than 2.8 million injuries treated in Emergency Rooms. These injuries lead to hospital stays, surgeries, and complications. This can be a slippery slope to further loss of mobility and independence.*

Work with a specially trained therapist to address factors that lead to falls in the home before they happen.

### THE BALANCE AND VESTIBULAR CENTER.

EQUIPPED WITH TECHNOLOGY FOR A MORE EFFECTIVE REHAB.  
YOUR FALLS PREVENTION SPECIALISTS.

**WE CAN HELP.**

Fairmount | Baldwinsville | Cicero | Liverpool  
Dewitt | Clay | Wolcott | Pelvic Wellness at Clay

Learn more, discuss your results and steps to preventing a fall:  
**315.635.5000 Extension 26 | [www.onondagapt.com/fallsprevention](http://www.onondagapt.com/fallsprevention)**



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