



FALL PREVENTION IN LOWER LIMB AMPUTEES

INTRODUCTION

Amputation is a life changing transition period. Early outcomes of amputation are imbalance between the body, mind and spirit associated with pain, grief, anxiety & depression. Phantom pain, phantom limb sensation, muscle atrophy, environmental barrier etc. and are cause of concern of fall. Fall injuries results in secondary associated complication. Poor selection of mobility & prosthetic device too responsible for fall.

WHAT IS FALL?

An unintentional event which result in a person coming to rest on the ground, floor or other lower level, other than a consequences of loss of consciousness, overwhelming external force, sudden onset of paralysis, stroke or epileptic seizure.

WHAT ARE THE RISK FACTOR?

SOME COMMON RISK FACTORS ARE:



Poor Balance



Increasing Age



Presence of Co-morbidities



Reduced Muscle Strength



Environmental Hazards



Gait Deficiencies



Reduced Confidence/ Fear of Fall



Poor Functional Ability



Medication



Sensory Deficit/Phantom limb sensation

STAY AT HOME BE SAFE LET OTHER SAFE TOO

FALL PREVENTION PROGRAMME

👍 Exercise: (Strictly follow the instruction OR Perform with the help of Caregiver)

- A. Balance exercise  
- B. Strengthening exercise  
- C. Endurance exercise  
- D. Aerobic exercise  

👍 Environmental Modification: (Removing the Physical Barrier & Modification)

- Remove the door threshold (at Entry Point & Inside the House)



- Use Antiskid floor tiles (Unglazed, dry-pressed, single-fired, fully vitrified slip resistant floor tiles);
Dynamic Coefficient of friction(μ) \geq 0.45)



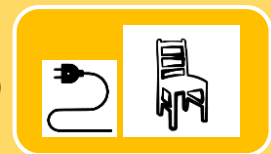
- Fixing of Grab Bar (Where ever feasible) eg. Bathroom, Toilet, Kitchen, Near the Door etc.



- Fixing the Hand Rail (Where ever Feasible)
eg. Along the Stairs, Ramp, Room Wall, Aisle etc.



- Remove the electric wire cord & Rearrange the furniture & Fixture etc. (Keep clear & Barrier Free walkway)



- Build Ramp/ Slope (Where ever feasible)
It will prevent tip fall



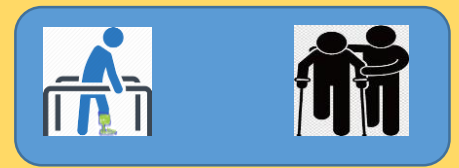
- Provision of Proper Light (Maintain Sufficient Light around the walking/ working area)



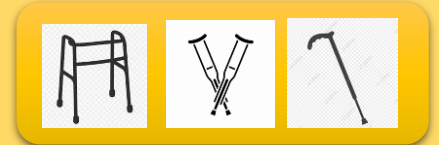
STAY AT HOME BE SAFE LET OTHER SAFE TOO

👍 Gait Training & Mobility Device

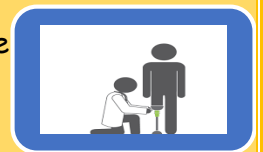
- ❖ Receive well structured, designed & instructed gait training before the discharge from the prosthetic service provider centre.



- ❖ Use suitable mobility device (Follow the Prescription guideline. If Purchasing from the over the counter → consult your Prosthetist and customized the dimension for proper fitting and utility.



- ❖ Periodically Review your devices (They are Mechanical in Nature & undergoes wear & tear eg. Tear & Worn of prosthetic foot, Torn of Ferrule of Crutches, Loosening of Fasteners etc.)



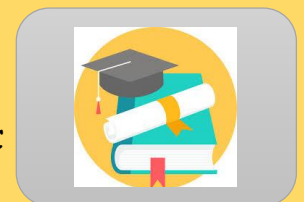
👍 Medication

NEVER DO SELF-MEDICATION, CONSULT YOUR DOCTOR & STRICTLY FOLLOW THE PRESCRIPTION NORMS TAPERING & DISCONTINUING OF PSYCHOTROPIC MEDICINE



👍 Education

PREVENTION FALL & SAFETY EDUCATION TO HEALTH CARE PROFESSIONAL REGARDING RISK FACTOR, USE OF PROSTHETIC & MOBILITY DEVICE AND ENVIRONMENTAL HAZARDS



WHAT HAPPENS IF YOU DO HAVE A FALL?

Follow the **FLOOR RECOVERY TECHNIQUE** OR, CALL YOUR PHYSIOTHERAPIST / PROSTHETIST FOR ASSISTANCE.

STEP1: Stay calm and get your breath back

STEP2: Ensure that you are not hurt.

STEP3: When you are ready roll onto your side and use both hands to push yourself up into sitting.

STEP4: When in sitting shuffle your bottom to a pile of cushions, footstool or step

STEP5: With both hands placed on the step, lift your body up onto the step

STAY AT HOME BE SAFE LET OTHER SAFE TOO

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