

# 健康小貼士—— 長者防跌知多少

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## 長者跌倒的後果

隨著年紀增長，長者的骨質密度會下降，易患上骨質疏鬆。骨質疏鬆會使骨頭變得脆弱，容易因受到外力而折斷，而長者因跌倒而骨折的機會亦增加。長者骨折的主要原因是跌倒。長者骨折後，自理能力可能因而受影響。曾經跌倒過的長者，會常常擔心再次跌倒，為了減少跌倒的機會，他們可能會留在家中，避免外出，影響日常社交生活。不能自理和減少社交生活，大大影響長者的生活質素。

## 跌倒的原因

### ● 視力問題

良好的視力對身體平衡十分重要，視力不佳，易因看不清地面或與物件之間的距離而跌倒。因此，若長者有視力問題，便需要及早找出原因，並作適當的處理，如配戴眼鏡。

### ● 疾病影響

長者會因自身的疾病如中風、帕金森症等會影響平衡系統，平衡力降低，就增加跌倒的風險。

### ● 肌肉力量、反應及平衡力的改變

肌肉力量、反應及平衡力下降會增加長者跌倒的風險。

### ● 藥物的影響

有些藥物如降血壓藥或安眠藥會於服用後引起疲倦、頭暈等現象。

### ● 環境的因素

陰暗的燈光、地上障礙物、濕滑或凹凸不平的地面等，都會增加跌倒的機會。

## 運動的好處

運動可以增強肌肉力量，保持身體靈活性和強健骨骼。運動中加入平衡力的訓練，更可減少跌倒的機會。

# Health Tips-- Fall prevention in the elderly

## Consequences of falls among elderly people

Elderly people lose their bone density as a result of aging, which increases the risk of having osteoporosis. Osteoporosis weakens bone strength and increases the risk of fracture among the elderly due to falls. Falls are the leading cause of bone fractures among the elderly. An elderly person's self-care ability may be affected after a bone fracture. In addition, he/she may stay at home and avoid going out for fear of having another fall, thus affecting his/her daily social life. Loss of self-care ability and reduced social life could have devastating effects on the elderly's quality of life.

## Risk factors for falls

### ● Poor vision

Good vision is essential for maintaining balance. However, poor vision would easily cause falls as it affects the ability to see the floor or the distance between objects. Early interventions and managements such as getting a pair of spectacles could minimize the fall risk among elderly people with vision impairments.

### ● Effects of diseases

Pre-existing conditions such as stroke and Parkinson's disease would lead to impaired balance, thus increasing the risk of falls.

### ● Changes in muscle strength, reaction and physical balance

Reduction in muscle strength, slower reaction time and poor balance would also increase risk of falls in the elderly.

### ● Effects of medication

Some medication could cause tiredness and dizziness, for instance, drugs to treat high blood pressure and sleeping pills.

### ● Environmental factors

Dim lighting, obstacles on the floor, slippery or uneven floor surface would increase the chance of falling.

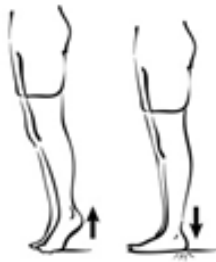
## Benefits of exercise

Exercise can enhance muscle strength, maintain physical flexibility and strengthen bones. Exercise that involves balance training could also reduce the risk of falls effectively.

## 家中小運動

### ● 踮腳尖

雙手扶在穩定的物件，雙腳與肩同寬，把重心放在腳趾尖，慢慢抬起腳跟，維持三秒，然後放下，重複五次。



## Home exercise

### ● Heel raise

Hold onto a stable object with both hands for balance. Stand with your feet shoulder width apart. Shift your weight on the toes and raise the heels. Hold it for 3 seconds and then lower the heels to the floor. Repeat 5 times.

### ● 側抬腿

雙手扶在穩定的物件，雙腳與肩同寬，把重心放在一隻腳，伸直另一隻腳向外抬起，維持五秒，然後放下，重複五次，換腳重複。



### ● Side leg raise

Hold onto a stable object with both hands for balance. Stand on one leg and raise the other sideways. Hold it for 5 seconds. Repeat 5 times. Repeat with the other leg.

### ● 單腳企

單手扶在穩定的物件，把重心放在一隻腳，然後抬起另一隻腳，維持十秒，換腳重複。



### ● Single leg stance

Hold onto a stable object with one hand for balance. Stand on one leg. Hold it for 10 seconds. Repeat with the other leg.

### ● 腳趾掂腳跟站

單手扶在穩定的物件，把一隻腳的腳趾掂著另一隻的腳跟站，維持十秒。



### ● Heel to toe stand

Hold onto a stable object with one hand for balance. Stand heel to toe. Hold it for 10 seconds.

### ● 坐下起身

坐在椅子上，慢慢地站立，然後緩緩坐下，重複五次。



### ● Sit to stand

To start with, sit on the chair. Stand up from the chair and then sit back down slowly. Repeat 5 times.

\* 此上資料僅供參考，如有疑問，請諮詢醫生或治療師。

\* 圖片來源：互聯網。

\* The information above is for reference only. If you have any further questions, please consult your doctor or therapist.

\* Source of the pictures: Internet.