

PHYSICAL THERAPY REDUCES THE RISK OF FALLS FOR ST. PAUL'S PACE SENIORS

A RECENT STUDY by St. Paul's PACE San Diego shows that seniors who receive regular physical therapy reduce their risk of falling.

St. Paul's PACE provides physical therapy to Participants at their Elm Street location to improve mobility and enhance independence. A May 2011 study of 40 randomly selected PACE seniors who had been receiving physical therapy consistently for a 12 month period showed a dramatic reduction in fall risk.

TUG and Tinetti tests, industry measurements of an individuals gait and balance, was used to conduct the study. Both test were conducted on seniors upon enrollment and again at 6 and 12 months.

The average TUG scores for the participants improved by 21%.

Initial average:	19
Semi-annual average:	16
Annual average:	15

The average Tinetti scores improved by 13%.

Initial average:	23/28
Semi-annual average:	24/28
Annual average:	26/28

This is significant as a 23/28 score indicates a risk of falls while a 26/28 score indicates a low risk of falls.



TUG = TIME UP AND GO SCORE

TUG is a measurement of the time in seconds for the Participant to rise from sitting, walk 3 meters, turn, walk back to the chair, and sit down. This industry measurement is used to identify risk of falls in seniors.

Score for healthy adults 79 yrs old is 7-10 seconds.

For community dwelling frail older adults, a score of more than 14 seconds is associated with high fall risk.

THE TINETTI TEST

The Tinetti Gait and Balance Instrument is designed to determine an elders risk for falls within the next year. The higher the score, the better the performance. Scoring is done on a three point scale including a Gait Scale, a Balance Scale and an overall Gait and Balance score. The maximum score for the gait component is 12 points. The maximum score for the balance component is 16 points. The maximum score is 28 points. In general, patients who score below 19 are at a high risk for falls. Patients who score in the range of 19-24 indicate that the patient has a risk for falls.

TUG IMPROVES BY

13%

TINETTI IMPROVES BY

21%

