

Falls Screening Questions₁

1. Do you feel unsteady when standing or walking?/ ?Usted se siente inestable cuando está parad@ caminando?
2. Do you worry about falling?/ ?Le preocupa caerse?
3. Have you fallen in the past year?/ ?Usted se ha caído en éste último año?
 - a. How many times?/ ?Cuántas veces?
 - b. Were you injured?/ ?Se hizo daño?

(If they answer yes to any of these questions...)

- We may be able to help you. Can we check a few things such as the alignment of your feet and your overall balance?
- Quizás podamos ayudarle. Podemos revisar algunas cosas como el alineamiento de los pies y su balance?

Foot Exam₂

- Do you have any issues with your feet, such as pain?
- ?Usted tiene problemas con los pies, como dolor?
- Is it OK if I examine your feet?
- ?Le puedo revisar los pies?

- Standing posture (bilat and unilat)
 - Tibial varum, arch, alignment at knee,
- LLD
 - Palpate ASIS or GT
- Sitting heel over knee
 - Equinus
- Face down or knee on chair
 - Forefoot varus
 - Triceps surae extensibility
 - Rear foot alignment
 - *Palpate for tenderness if necessary*

TABLE 1		SUBJECTS' STRUCTURAL AND FOOT-ORTHOTIC CHARACTERISTICS
Subject	Exam Characteristics	Foot-Orthotic Architecture*
1	Neutral foot, callus left second metatarsal head	Metatarsal pad
2	Forefoot varus, limited ankle dorsiflexion	Medial forefoot post, heel lift
3	Forefoot varus	Medial forefoot post
4	Forefoot varus, limited ankle dorsiflexion	Medial forefoot post, heel lift
5	Neutral foot	Orthoses with no corrective features
6	Forefoot equinus, cavus, limited ankle dorsiflexion	Heel lift
7	Cavus foot, limited ankle dorsiflexion	Heel lift
8	Neutral foot	Orthoses with no corrective features
9	Forefoot varus, limited ankle dorsiflexion	Medial forefoot post, heel lift
10	Tibial varum	Medial rearfoot post
11	Forefoot varus, 9.525-mm (0.375-in) limb-length inequality	Medial forefoot post, 9.525-mm heel lift correction
12	Forefoot varus, limited ankle dorsiflexion	Medial forefoot post, heel lift
13	Forefoot varus, limited ankle dorsiflexion	Medial forefoot post, heel lift

*All foot orthoses had a custom filling-in of the arch space.

- I found some things that we can address to better align your feet and body. This should help with balance. But first, I would like to take some baseline balance measures.

- Encontré algunas cosas que podemos hacer para enderezar el cuerpo y los pies. Esto le puede ayudar con el balance. Primero, quiero hacer unos exámenes del balance o equilibrio.

The 4-Stage Balance Test³

- I'm going to show you four positions.
- Voy a mostrarle cuatro posiciones
- Try to stand in each position for 10 seconds.
- Intente pararse en cada posición por 10 segundos
- You can hold your arms out, or move your body to help keep your balance, but don't move your feet.
- Puede mantener los brazos levantados, o mover el cuerpo para mantener su equilibrio, pero no mueva los pies.
- For each position I will say, "Ready, begin." Then, I will start timing. After 10 seconds, I will say, "Stop."
- Para cada posición voy a decir "Listo, empiece." Después, voy a empezar a medir el tiempo. Después de 10 segundos, voy a decir, "Pare."

1. Stand with your feet side-by-side/ Párese con los pies uno al lado del otro
2. Place the instep of one foot so it is touching the big toe of the other foot/ Coloque el empeine de un pie para que toque el dedo gordo del otro pie
3. Tandem stand (Test both sides and take an average): Place one foot in front of the other, heel touching toe/ Coloque un pie delante del otro, el talón tocando el dedo
4. Stand on one foot (Test both sides and take the average): Párese en un solo pie

TUG⁴

- When I say "Go," I want you to:
- Cuando yo digo "Comience," quiero que usted:

1. Stand up from the chair/ Se levante de la silla
2. Walk to the line on the floor at your normal pace/ Camine hacia la línea en el piso a su paso normal
3. Turn/ Volteese
4. Walk back to the chair at your normal pace/ Regrese a la silla a su paso normal

5. Sit down again/ Siéntese de nuevo

In-sole Intervention(s)

Retest Measures

“An older adult who cannot hold the tandem stand for at least 10 seconds is at increased risk of falling. To reduce their risk of falling, you might consider referring them to physical therapy for gait and balance exercises, or refer them to an evidence-based fall prevention program, such as Tai Chi.”³

An older adult who takes ≥ 12 seconds to complete the TUG is at risk for falling.”⁴

Recommend DME recommendations or exercises PRN

Survey

“Discuss ways to improve patient receptiveness to the care plan and address barrier(s).”¹





1. Do you think you'll be able to use what you have learned from us?/ ¿Usted cree que va a poder usar lo que aprendió hoy?
2. What challenges do you foresee?/ ¿Qué barreras piensa usted que va a tener/ tiene?
3. What can we do now or in the future to help?/ ¿Qué podemos hacer ahora o en el futuro para ayudarlo?

Patient Name/#: _____

Time: _____

Question	Yes	No
Do you feel unsteady when standing or walking?		
Do you worry about falling?		
Have you fallen in the past year?		
<i>How many times?</i>		
<i>Were you injured?</i>		

4-Stage Balance Test₂

		Pre	Post
	① Stand with your feet side-by-side.	Time: _____seconds	Time: _____seconds
	② Place the instep of one foot so it is touching the big toe of the other foot.	Time: _____seconds	Time: _____seconds
	③ Tandem stand: Place one foot in front of the other, heel touching toe.	Time: _____seconds	Time: _____seconds
	④ Stand on one foot.	Time: _____seconds	Time: _____seconds

TUG

Survey (record)

	Pre	Post
Time (s)		

References

1. Algorithm for Fall Risk Screening, Assessment, and Intervention. Centers for Disease Control and Prevention. <https://www.cdc.gov/steady/pdf/STEADI-Algorithm-508.pdf>. Published 2019. Accessed February 29, 2020.
2. Gross MT, Mercer VS, Lin F-C. Effects of foot orthoses on balance in older adults. *J Orthop Sports Phys Ther*. 2012;42(7):649-657. doi:10.2519/jospt.2012.3944
3. The 4-Stage Balance Test. Centers for Disease Control and Prevention. <https://www.cdc.gov/steady/pdf/STEADI-Assessment-4Stage-508.pdf>. Published 2017. Accessed February 29, 2020.
4. Timed Up & Go (TUG). Centers for Disease Control and Prevention. <https://www.cdc.gov/steady/pdf/STEADI-Assessment-TUG-508.pdf>. Published 2017. Accessed February 29, 2020.