



# 8 Fall Related Injuries Amongst the Elderly

- ✓ Head Trauma
- ✓ Hip Fractures
- ✓ Tibia Fractures
- ✓ Spinal Injuries
- ✓ Kneecap Damage
- ✓ Facial Injuries
- ✓ Ankle Fractures
- ✓ Femur Fractures

# Head Trauma

Head trauma is one of the most serious consequences of falls. Injuries to the head can result in diminished cognitive abilities and possibly lead to Alzheimer's disease.

After a fall, seniors should have their mental functions checked, even if they don't believe they hit their head. Even in the case of low-force mechanisms such as falls from standing, the head can be negatively affected.



## Hip Fractures

Hip fractures are among the most common consequences of falls and they can have a major impact on a senior's mobility level. After sustaining a hip fracture, seniors may have to live with hip pain and mobility issues for the rest of their lives. Many hip fractures occur in the bathroom, where slippery surfaces are common. To minimise the chances of bathroom falls, caregivers should equip bathrooms with safety items like nonslip mats and grab bars.

## Tibia Fractures

If a senior trips and falls on his or her knees, he or she might injure the tibia, also known as the shinbone. There are several types of tibia fractures, including stable fractures, displaced fractures, transverse fractures and oblique fractures. Some of the tibia fractures require casts, while others need surgery.

## Ankle Fractures

Ankle fractures are another common result of falls and they frequently happen when seniors trip and stumble. To prevent ankle injuries, seniors should try to keep their homes clean and free of clutter and wear comfortable shoes that protect the feet and ankles.



## Spinal Injuries

Falling on the back can lead to spinal injuries. If the injury is severe enough, it could leave a senior wheelchair bound. To prevent spinal injuries, seniors homes should be furnished with non-slippery surfaces and have soft flooring installed, as it provides cushioning in the event of a fall.

## Facial Injuries

If a senior falls face first, he or she might sustain serious facial injuries. Sometimes facial injuries are superficial and only require a few stitches. In other cases, seniors may end up with a broken nose or jaw.

## Femur Fractures

When seniors injure their thighbone, the damage usually occurs near the neck of the femur which connects with the hip. Femur fractures can be very painful and they may require surgery. Seniors may experience limited mobility and several other health issues that can increase their risk of falls and injuries.

