

FALLS AMONG THE ELDERLY

A DEADLY EPIDEMIC

Over the past twenty years, fall-related injuries and deaths among older Americans have increased at an alarming rate – a reality that has caused enormous human suffering in the United States.



FALL STATISTICS, ACCORDING TO THE CDC

NUMBER 1

Cause of injury-related deaths among persons aged ≥65 years

30 MILLION

Elderly Americans fall every year

1 OUT OF EVERY 5

Falls results in a serious injury

2.8 MILLION

ER visits caused by fall-related injuries each year

300,000

Hip fractures result from falls each year

27,000

Seniors die every year from accidental falls

\$ A COSTLY EPIDEMIC \$

\$50 BILLION

in total medical expenditures associated with falls in 2015 alone (JAGS)

\$101 BILLION

projected cost of treating falls by 2030 (AJLM)

\$81,300

average lifetime costs for patients affected by a fall-related injury (AAOS)

\$30,000

average hospital cost for a fall-related injury (CDC)

A GROWING EPIDEMIC

As America greys, the senior population – and impact of falling – is expected to grow.



A PROVEN, COST EFFECTIVE SOLUTION

To address this epidemic, the U.S. healthcare system has an invaluable tool at its disposal: **physical therapy**.

According to the National Institute on Aging, patient-specific exercise regimens, utilized in combination with regular physical activity, are evidence-based solutions that can significantly reduce the likelihood of an accidental fall – **saving thousands of lives and billions of dollars**.

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