

PHYSICAL THERAPY

SCHEDULE TODAY WITH A DOCTOR OF PHYSICAL THERAPY AT ANY TFC LOCATION

FREE BALANCE & FALL SCREENINGS PREVENTION

OUR PROGRAM | ADDRESSES POSTURAL ABNORMALITIES, FLEXIBILITY, VESTIBULAR DEFICITS, AS WELL AS STRENGTH AND STABILITY.

FALL-RELATED DEATH RATE AMONG OLDER ADULTS INCREASES 110%

Age-adjusted death rates due to unintentional falls among older adults increased 110% from 1999 to 2016, according to the Centers for Disease Control and Prevention.

The fall-related death rate among those aged 65 or more years increased from 29.4 per 100,000 to 61.6 per 100,000 during that time, the CDC said in the [Sept. 28 issue](#) of "Morbidity and Mortality Weekly," published Thursday. For men, the death rate increased 89%, from 38.3 per 100,000 in 1999 to 72.3 per 10,000 in 2016. Among women, the rate increased 122%, from 24.3 per 100,000 in 1999 to 54 per 100,000 in 2016.

Throughout the timeframe, death rates from unintentional falls were higher for men than for women, the CDC said.

*Data came from the National Vital Statistics System.



We offer Fall Prevention Exercise For All Ages!

ASK A TFC Specialist FOR MORE INFORMATION ON
OUR PROGRAM FOR MULTIPLE CORE STRENGTH
EVALUATIONS! CALL TODAY - 270-781-1151