

Factsheet 4

Treatment & rehabilitation

The medical care after a fall is aimed at finding and treating the cause/causes, treating any injuries and rehabilitation.

The management of falls includes the diagnosis of any underlying causes and risk factors, the assessment of your living arrangements, tailored rehabilitation and intervention programmes, as well as social care support.

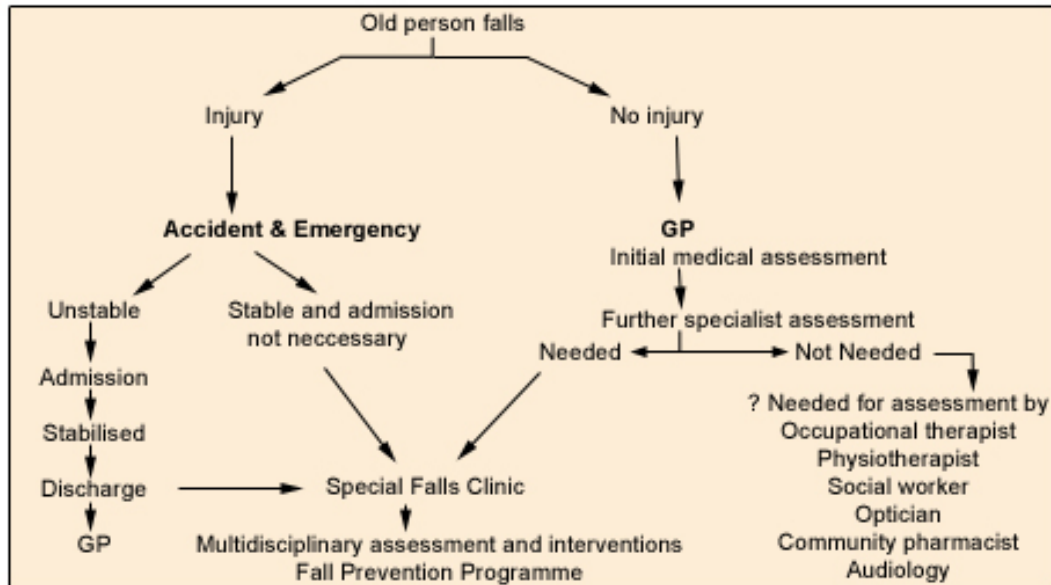


Figure: Course of falls treatment

During the **course of your treatment** you are very likely to come in touch with a number of health professionals with different backgrounds and skills, including:

- your GP (doctor),
- the consultant at the hospital,
- nurses,
- an occupational therapist and physiotherapist,
- specialists such as an eye doctor (ophthalmologist), an ear, nose & throat (ENT) doctor, a foot health specialist (podiatrist)
- District nurses,
- social care services.

Rehabilitation plays an important part of your treatment. Following the successful treatment of any injuries and the assessment of the causes of your fall, therapists work with you to restore and maximise your physical and mental functions.

This can include physiotherapy to improve your confidence in mobility, exercises to improve strength and balance, or occupational therapy which aims at identifying and minimising any home and environmental hazards.