

Table 1: Risk Factors for Falls⁹

Modifiable	Nonmodifiable
Environmental hazards Polypharmacy (> 4 medications used simultaneously) Use of assistive device Reduced mobility Slow walking speed Knee and Ankle muscle weakness Imbalance Limited activity/Sedentary Lifestyle Medical comorbidities (cardiac arrhythmias, vertigo, urinary incontinence, orthostatic hypotension, etc.) Fear of Falling	Increasing age, over 80 years Female sex Presence of a disability History of falls