



Help avoid falling. Maintain your quality of life by staying active and following the preceding tips to help make your home safer from falls.

The Moore Balance Brace is a prescribed, custom-made ankle foot orthosis (AFO) often worn as a pair that is designed to fit easily into doctor recommended shoes.

The MBB is covered by most insurance companies, including Medicare and Medicaid, when used to treat conditions associated with risk factors for falls. It is part of a long-term solution to be used in combination with a Fall Prevention Strength Training Program, which may include physical and occupational therapy, environmental changes in the home and a review of current medications.

A Guide For Seniors: Avoiding Trips & Falls That May Alter Your Quality of Life



3 in 10 Seniors Fall Each Year

Steps you can take now to help avoid tripping and falling

With your doctor | In your home | And personal care

Why be concerned about falling?

- Falls and fall related injuries are the leading cause of accidental deaths in older people
- Half of seniors who fall, will fall again within a year
- 40% of nursing home residents fall each year, some more than once
- Nearly half of the seniors who fall reduce their activity after a fall
- Most fractures among older adults are caused by falls
- In 2007 over 18,000 seniors died from unintentional fall injuries



The importance of addressing risk factors that lead to falls

The likelihood of slipping and falling should not be ignored or taken lightly. Tripping and falling or losing your balance – due to existing medical conditions such as muscle weakness or loss of feeling (neuropathy) – can have lasting and sometimes fatal results. Returning to normal activity after a fall often takes weeks or months of care and physical therapy to alleviate the pain associated with hip, knee or head injury.

Helping to reduce the risk of falling by making your home safe while providing additional support for weakened muscles is significantly easier than recovering from a fall-related injury – and it's pain free. Taking time now to avoid falls may help preserve your quality of life in the long term. And it all starts with a visit to your doctor...

Be prepared when you visit your primary care physician:

- Provide your doctor with a list of your prescriptions and over-the-counter medication, including supplements, and ask if any have possible side effects that may cause dizziness or affect your balance
- Ask about any health conditions that concern you as they may have a direct effect on your balance and manner of walking
- Make note of, and tell your doctor, of any falls or near falls you may have had in your home or when involved in an out-of-home activity

Tips to help you prevent or reduce falling

1. Make your home safer

- Remove loose items (like scatter rugs, papers, books, clothes, boxes, shoes) from stairs and walkways
- Place double-sided tape or slip-resistant backing under rugs or do not use rugs at all
- Put grab bars next to toilet and inside the tub/shower and place a non-skid mat in the tub
- Use a raised toilet seat or one with armrests
- In shower/tub, bathe sitting down on a strong plastic seat and use a hand-held shower nozzle
- Make sure your rooms are brightly lighted
- Put staircase lights on before walking up or down them
- Use night-lights in hallways, bedrooms and bathrooms

2. Start a planned and ongoing exercise program

- With your doctor's approval and direction, begin and maintain a daily exercise program to help reduce your chances of falling
- Ask about exercises that would be best for balance improvement for your particular conditions
- Exercise can help improve balance and coordination – consider Tai Chi, walking or water workouts
- Consider the benefits of a cane or walker
- Your doctor may prescribe home health care if your mobility is limited

3. Pay attention to your feet

- Have your feet checked by a podiatrist at least once a year – this is especially important if you have diabetes
- Ask your podiatrist for additional ways to reduce your chances of falling
- Examine your feet daily. Look for bruising, inflammation or sores
- Wear comfortable, well-fitted shoes
- If your feet are in pain, your chances of falling increase

4. Have your vision evaluated

- Poor vision can increase your chances of falling
- Protect and care for your eyes with a yearly eye exam from an eye doctor
- You may have an eye condition that limits your vision, making walking on uneven surfaces or into unseen obstacles a cause for falling

Are you at risk for falling?

- Have you fallen in the past?
- Have you had any near falls?
- Do you have a fear of falling?
- Do you stumble or shuffle when walking?
- Do you drag your feet when you walk?
- Do you have to touch or hold on to a wall or furniture while walking?
- Do your legs or ankles feel weak or unsteady?

If you answered "Yes" to any of the above questions, you may have a balance problem that may be improved with the use of the Moore Balance Brace.

How does the Moore Balance Brace (MBB) address muscle weakness and gait instability to help prevent falling?

The MBB...

- Stabilizes the foot in the presence of weakness and fatigue
- Stimulates skin receptors providing feedback to the brain
- Provides ankle support, improving balance and helps avoid falls by reducing postural sway
- Improves foot clearance reducing the risk of tripping

The MBB is the first ankle foot orthosis (AFO) designed by a physician for those at risk for falling. Easy to put on. Lightweight. Designed to maximize balance and support.

The MBB is custom made in America.

It fits into most supportive shoes without needing to increase the size of the shoe. Your doctor can recommend shoes that can help improve balance and that can easily accommodate the Moore Balance Brace.

Key Features of the MBB

- Easy to put on
- Light-weight
- Custom made to maximize somatosensory feedback
- Posterior leaf designed to aid in foot clearance
- Velcro latching for easy closure
- Eliminates abnormal motion, supporting the ankle
- No hard surfaces
- Cushion is built into the footplate
- Arch support

