

***Gait, Balance, and Mobility Research and Education Center***  
***Department of Physical Therapy***  
***California State University, Fresno***  
**Fall Prevention Screening Clinic**  
**For questions, please call: 278-7839**

**PHYSICIAN CLEARANCE FORM**

Your patient \_\_\_\_\_ is interested in participating in our free fall prevention clinic as part of a grant from the California Wellness Foundation. The balance screening will take place at California State University, Fresno or at the Terrio EDGE and requires a \$10 donation from your patient. There will be multiple assessments that will be completed by faculty and students from the Department of Physical Therapy and Department of Nursing (see page 2 for a list of assessments). A licensed physical therapist and nurse practitioner will be present for all testing.

Assessments take approximately 1 hour to complete. At the completion of the assessment, all participants will receive educational materials and when appropriate, will receive one of the following interventions: referral to a Group *Fallproof*<sup>TM</sup> class, referral to the Gait, Balance, and Mobility Center at Fresno State, an Individualized Progressive Home Exercise Program, and/or other community exercise classes (see page 2 for a detailed description of possible interventions). A summary of the fall risks and recommendations will be faxed to the primary care physician on request. Participants will be re-screened every 6 months.

If you know of any medical or other reasons why participation in this program by your patient would be unwise, please indicate so on this form. By completing the form below, you are not assuming any responsibility for the administration of the screening tests. If you have any questions about any aspect of the fall prevention screening clinic call Ashley Hart, Project Coordinator (559-278-7539) or Dr. Peggy Trueblood, Principal Investigator (559-278-3008).

\_\_\_\_\_ I know of no reason why my patient should not participate in your fall prevention screening and/or possible interventions.

\_\_\_\_\_ I believe my patient can participate, but I urge caution as follows:

\_\_\_\_\_

\_\_\_\_\_ I recommend that my patient **not** participate in the fall prevention screening or interventions because diagnosed with dementia or Alzheimer's Disease, unable to walk 30 ft without assistive device, or extreme hypertension at or above 220/110.

Physician Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name of Physician \_\_\_\_\_ Phone # \_\_\_\_\_

Fax # \_\_\_\_\_

**PLEASE FAX COMPLETED FORM TO:**  
**Department of Physical Therapy**  
**California State University, Fresno**  
**2345 E. San Ramon Ave, M/S MH29, Fresno, CA 93740**  
**Fax #: (559) 278-3635**  
**ATTN: Ashley Hart, Project Coordinator**

### **List of Assessments Performed at Screening:**

- 1) Blood Pressure screen for postural hypotension and Vision check
- 3) Lower Extremity Strength via Chair Stand Test (# of times participant can stand in 30 seconds)
- 4) Functional Balance Test (items include such activities as getting up out of a chair; stepping up and over a step; reaching forward while standing; stand with eyes closed; turning; walking with head turns; walking tandem; standing on one leg; standing tandem; stepping on foam and standing with eyes closed; and jumping with 2 feet)
- 5) Walking 30 feet (preferred and fast speed)
- 6) Timed Up and Go Test (time it takes participant to get up out of a chair; walk 8 feet and return)

In addition the participant will provide subjective information regarding medical history; age; medications; lifestyle; physical activity; and fall history.

They will also complete the Balance Efficacy Scale to determine fear of falling and a Depression Scale.

### **Description of Possible Interventions:**

Group *FallProof*<sup>TM</sup> Class. This is a group structured balance and mobility class that meets 2x/week for 1 hour class sponsored by Fresno State's Department of Physical Therapy. The program was designed by Dr. Debra Rose (Center for Successful Aging at California State University, Fullerton) who has over 25 years of experience working with older adults with balance-related impairments. The program adopts a multidimensional approach to balance-related problems. All health professionals who administer this program are certified to teach this program after completing the Balance and Mobility Certification Program through the Center at CSU Fullerton. During the class, participants receive individualized balance training according to the documented impairments obtained from the assessments. Equipment used will be similar to that of a traditional physical therapy clinic such as, but not limited to the following: foam rolls, rocker-boards, balance beams, Swiss balls, benches, air-ex pads, and dyna-discs.

Gait, Balance, and Mobility Center. This is an 8 week program (2x/week for 1 hour sessions) offered during the academic year at California State University, Fresno. The program is overseen by core-faculty members from the Physical Therapy Department and clinicians from the community. Graduate Physical Therapy students and faculty discuss each client's impairments and develop an individualized treatment plan that is carried out by the student. State-of-the-art balance equipment is used for both assessment and intervention. Participants pay \$250 for the 8 weeks.

Home Exercise Program. Based on the findings from the fall prevention screening, standard or individualized home exercise programs will be developed and reviewed with the participant. In some cases this may include a home exercise DVD (*FallProof*<sup>TM</sup> At Home) which is a progressive set of exercises excerpt from the *FallProof*<sup>TM</sup> Balance and Mobility Training Program.

Community-based Exercise Classes. Various senior sites in the Fresno and Clovis areas are currently offering community group balance classes. These have been reviewed to determine eligibility criteria and when appropriate participants may be given a list of these classes to contact.