



I feel as if I am going to fall

Rehabilitation in Parkinson's Disease: Strategies for Cueing

Why do I feel as if I am going to fall?

- Walking with smaller steps makes it more likely that you will catch your feet on the floor. (see Information sheet 4).
- If your feet stick you may feel like you are unable to correct yourself if you fall (see Information sheet 5).
- If you can't take an initial step you may feel unsteady (see Information sheet 6).
- If you find it difficult to turn you might find this is when you feel most unsteady (see Information sheet 7).

When might this happen most?

- In crowded or cluttered places.
- On uneven or unpredictable terrain.
- When distracted.
- If you reach too far or too quickly, e.g. for a door.
- When your medication is not working well.

What can I do about it?

If you feel you are going to fall, try to stop with your feet apart and stand tall. Concentrate on your standing rather than reaching for support, which can make you overbalance.

To avoid feeling unsteady concentrate on making sure your heel hits the ground first, which will help your feet clear the floor. You could use stripes on the floor or paving stones to help your stepping.

Take wide rather than sharp turns.

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Stand close to anything you want to reach for and avoid stretching too far.

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Have a well-rehearsed strategy to help you get going when you stick and tend to fall.

Identify areas where you often feel unsteady so you are more aware of where you are at risk.

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