

Evaluating the Safety and Effectiveness of Judo-Based Fall Training for Older Adults Delivered by Non-Judo Health and Exercise Professionals

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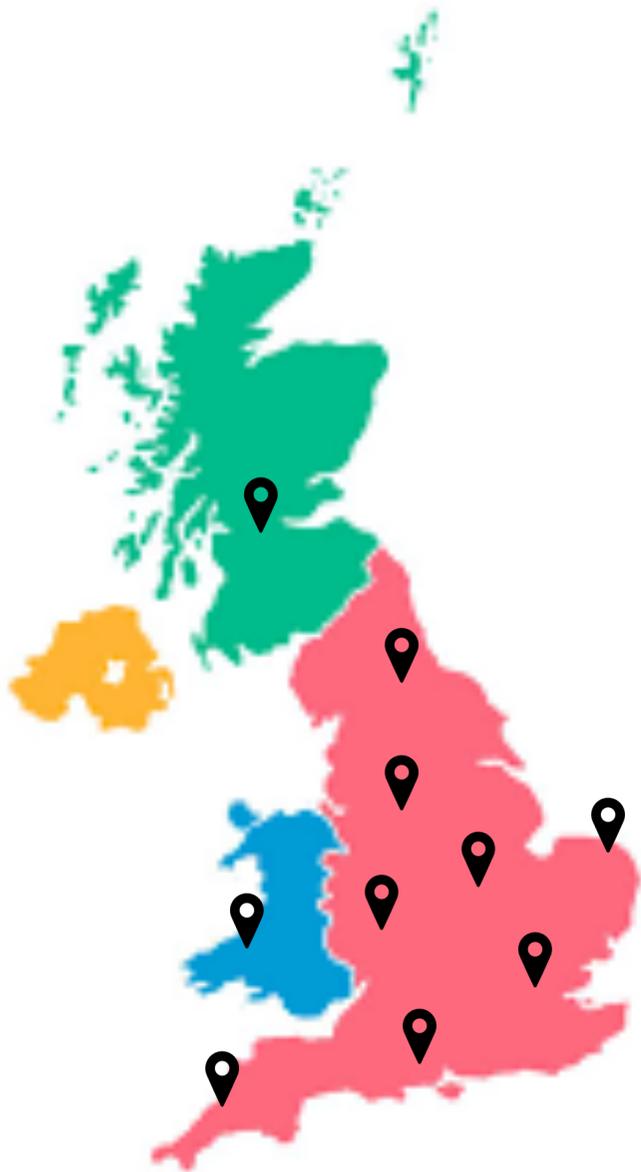


Introduction

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- Falling in the ageing population is one of the leading causes of hospitalisation worldwide (World Health Organisation, 2021)
- £2.3 billion burden on the NHS each year (Burgon et al., 2019; Hollinghurst et al., 2022).
- Currently in the UK there are 15 '**Finding your Feet - Safer Falls for the Elderly**' programmes being delivered which have shown improvements in quality of life & fear of falling (Callan & McDonald, 2023)
- Delivered exclusively by certified British Judo Coaches





Current Challenges

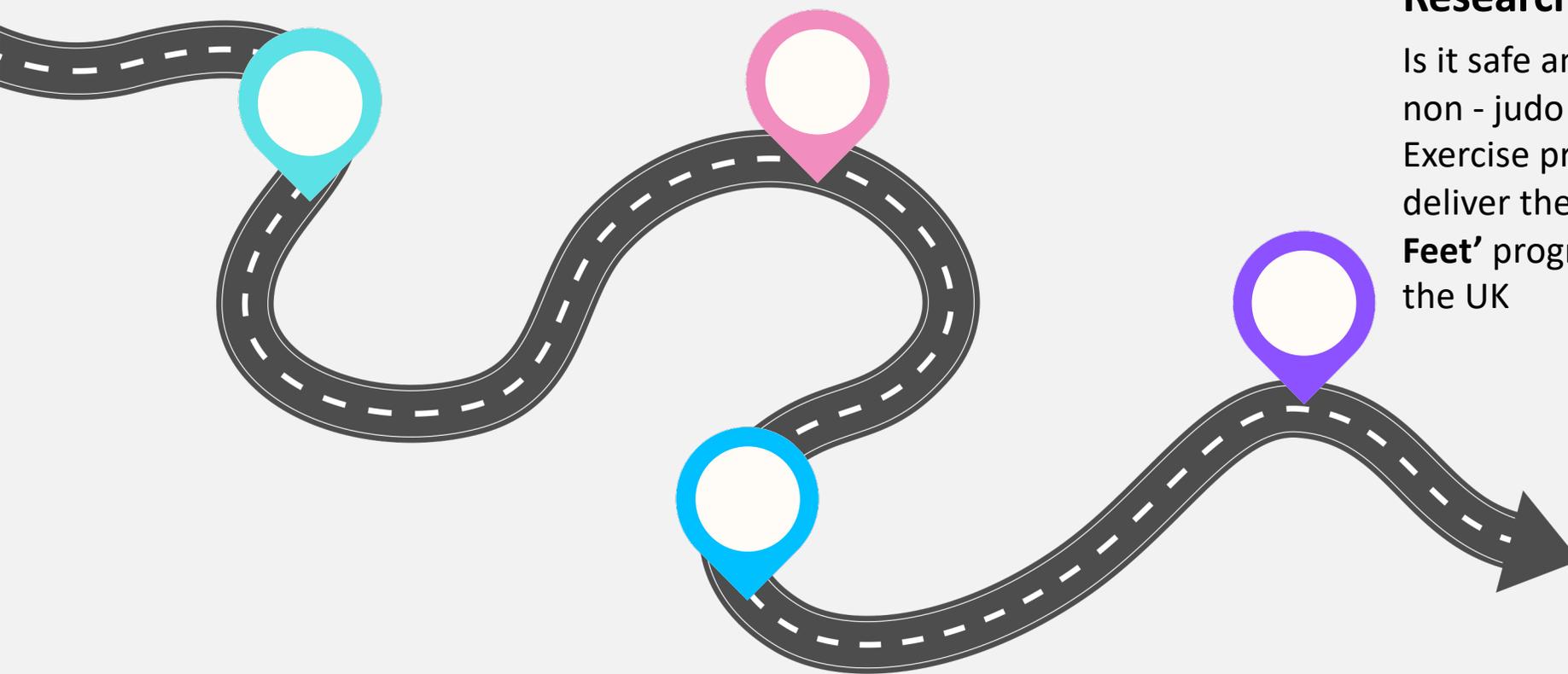
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- Limited number of instructors in comparison to the population need
- Awareness of courses available to the general public
- Lack of wider understanding / awareness from medical professionals on benefits of the *"Finding your Feet"* programme

Next Steps

Research

Is it safe and effective for non - judo health and Exercise professionals to deliver the '**Finding your Feet**' programme within the UK



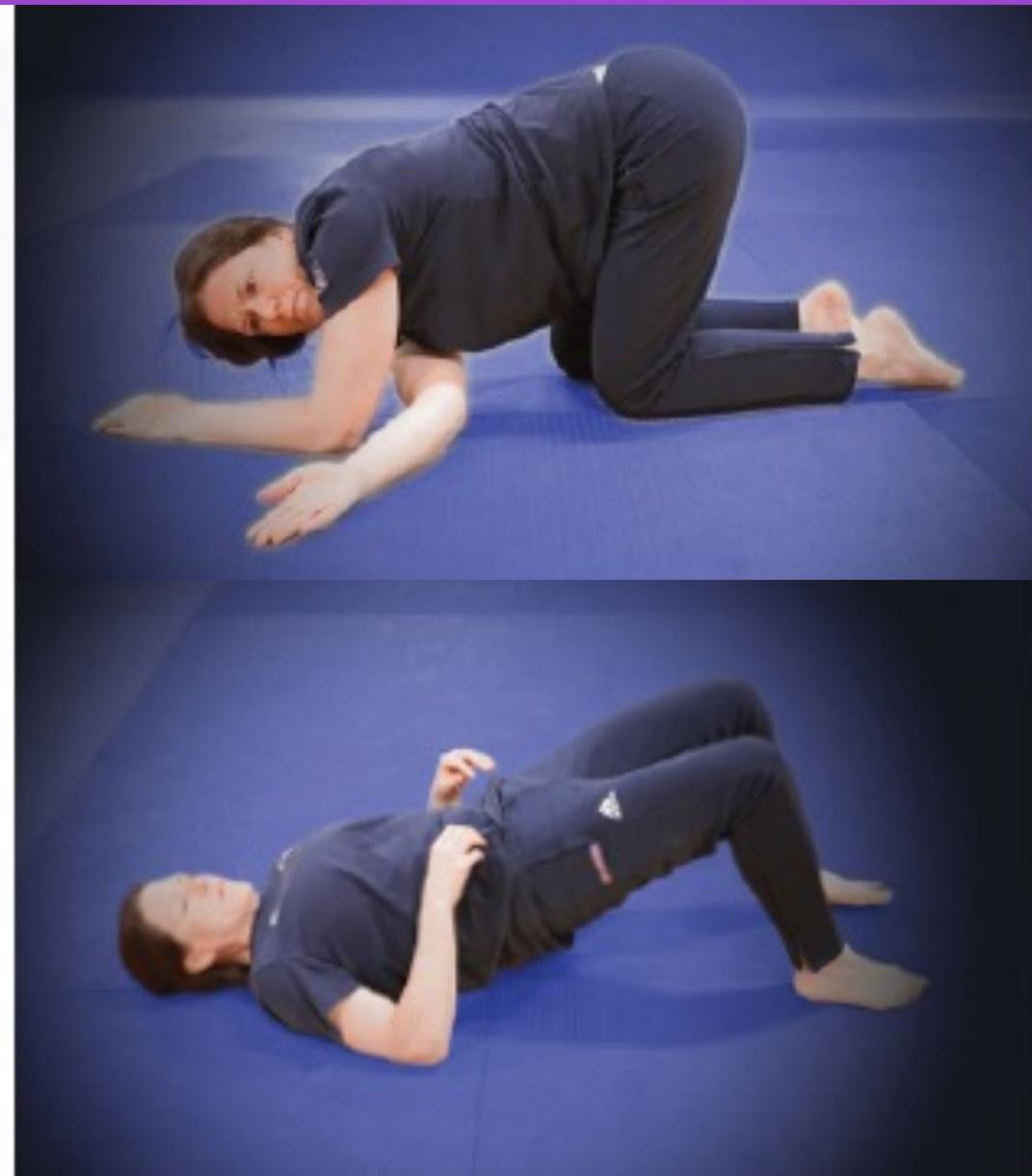
Interdisciplinary Overlap

Working with the ageing population

Rehabilitation experience

Delivery & coaching of exercise

Injury & biomechanical understanding



Aims of Research

- 1 Evaluate are judo based break fall techniques safe and effective when delivered by non-judo experts
- 2 Increase awareness of the benefits of safer falling with Judo to the general population and medical professionals
- 3 Increase instructors able to teach '*Finding your Feet*'
- 4 Expand nationwide course access to boost participation and increase benefits of the programme to wider population

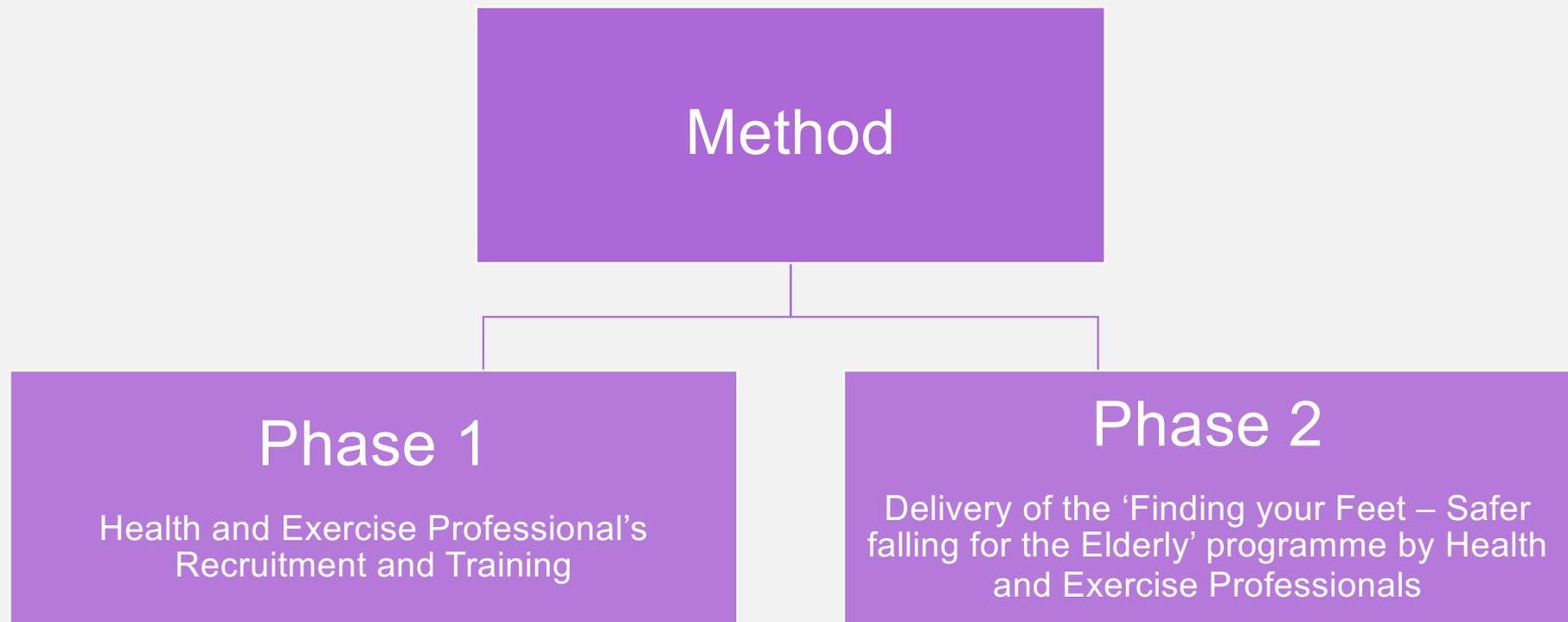
Research Questions

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1. What is the minimum level of qualification needed to be trained as Safer Falling with Judo / 'Finding Your Feet' course instructor
2. Does the 'Finding your Feet' instructor course provide enough hours for Health and Exercise Professionals to feel confident in delivering the programme?
3. Can the original '*Finding Your Feet*' programme be delivered with no amendments?
4. Is the implementation of Judo-Based fall training for older adults safe and effective when delivered by non-judo Health and Exercise Professionals

Method

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Phase 1

Health and Exercise Professionals



**Establish Inclusion
Exclusion Criteria**



Health and Exercise Professionals

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Society of Sports Therapist (SST)

BSc Honours / MSc Degree in Sports Therapy

Required competencies to be met to become a member of the SST



Chartered Society of Physiotherapy (CSP)

BSc Honours / MSc Degree in Physiotherapy

Member of the Health and Care Professions Council (HCPC)



Hertfordshire Care Providers Association (HCPA)

Manage funding for courses & qualifications on behalf of local authority & NHS

Strength & Balance in Care



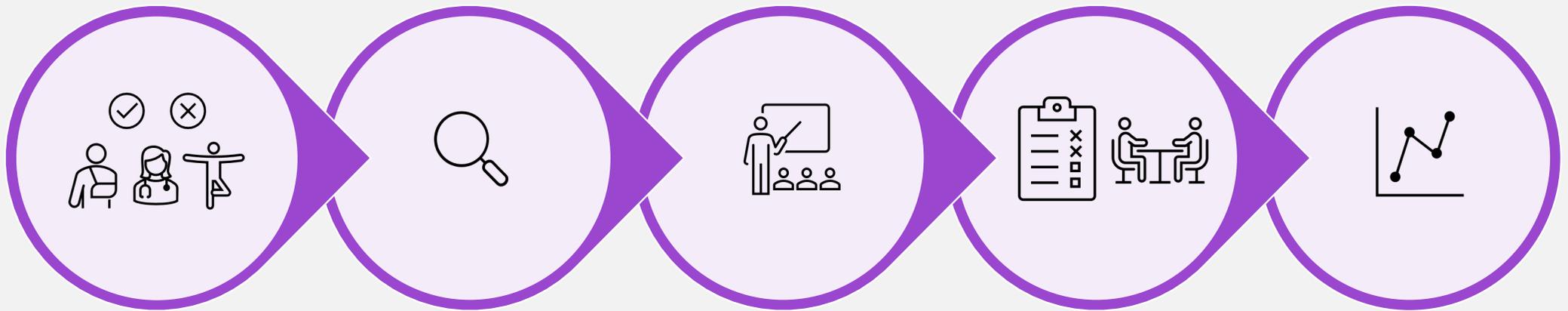
Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)

Professional body for UK physical activity workforce sector

Endorses courses – e.g. Otago Exercise Programme Leader

Phase 1

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Analyse Data

Phase 2

12



**Analyse data &
Disseminate
findings**

Challenges / Risks

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Insufficient Judo knowledge among Health and Exercise Professionals

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graph TD; A[Insufficient Judo knowledge among Health and Exercise Professionals] --> B[Could compromise the accuracy of technique delivery]; B --> C[? If could lead to increased injury Risk];
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Could compromise the accuracy of technique delivery

? If could lead to increased injury Risk



Conclusion

- Gap in the research within the UK regarding non judo experts delivering safer falling with Judo techniques
- Key interdisciplinary overlaps that could be beneficial as an instructor
- Investigation into appropriate qualification as prerequisites for the course required
- Key aim's of research
 - **Assess** safety and effectiveness of Health and Exercise Professionals delivering safer falling techniques through judo
 - **Expand** course awareness and accessibility for older adults nationwide
 - **Strengthen** NHS understanding of the courses benefits for health and wellbeing

Thank you

References

Burgon, C., Darby, J., Pollock, K., Van Der Wardt, V., Peach, T., Beck, L.,...Harwood, R. H. (2019). Perspectives of healthcare professionals in England on falls interventions for people with dementia: a qualitative interview study. *BMJ open*, 9(2).

Callan, M., & McDonald, K. (2023). The use of micro-progressions and mechanics in teaching ukemi to older participants.

Hollinghurst, R., Williams, N., Pedrick-Case, R., North, L., Long, S., Fry, R., & Hollinghurst, J. (2022). Annual risk of falls resulting in emergency department and hospital attendances for older people: an observational study of 781,081 individuals living in Wales (United Kingdom) including deprivation, frailty and dementia diagnoses between 2010 and 2020. *Age and ageing*, 51(8).

World Health Organization (2021). *Falls*. Retrieved 01/09/2025 from <https://www.who.int/news-room/fact-sheets/detail/falls>

Useful Links

Society of Sports Therapists <https://thesst.org/>

Chartered Society of Physiotherapists <https://www.csp.org.uk/>

CIMSPA <https://www.cimspa.co.uk/>

HCPA <https://www.hcpa.info/>