

# FallFitness



## The FallFitness for Physiotherapists: Experiences of Learning Safe Falling Techniques

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# What is the FallFitness program?

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A group training program lasting eight weeks (one 60-minute session per week) focusing on balance, strength, and fall techniques.

The program also includes pair exercises and playful elements that strengthen motivation, community, and trust.

One of the central components is fall technique, aimed at reducing the risk of injury in the event of a fall.

A leader's manual with clearly described lessons, where progression in all parts is well outlined.

A website for leaders with videos and additional material.



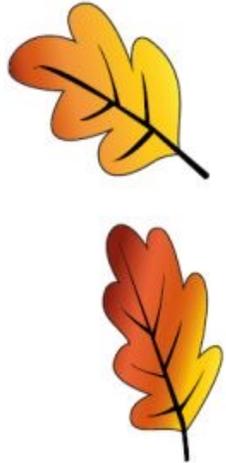
# Train-the-trainer concept with a strict structure

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- A. Warm-up
- B. Balance
- C. Body awareness / Playful activities
- D. Fall technique
- E. Strength training
- F. Cool-down



  
**FallFitness**



# FallFitness

## Fall technique in the FallFitness program

### **Course for beginners Block 1 and 2, Training 1-8**

1. Break fall backward – 4 points SBFC-test
2. Break fall sideway – 2 points SBFC-test
3. Break fall forward - 1 points SBFC-test

### **Course for advancers Block 3 and 4, Training 9-1**

1. Break fall backward – 4 points SBFC-test
2. Break fall sideway – 3 points SBFC-test
3. Break fall forward – 2 points SBFC-test





# FallFitness



## • Step 1

**Can older adults be trained to lead fall-prevention exercise programs for other older adults?**

Arkkukangas M, Bååthe KS, Hamilton J, Hassan A, Tonkonogi M. FallFitness exercise program provided using the train-the-trainer approach for community-dwelling older adults: a randomized controlled trial. *BMC Geriatr.* 2024 Nov 30;24(1):983. doi: 10.1186/s12877-024-05575-0. PMID: 39616365; PMCID: PMC11607805.

**Answer is YES!**

This RCT showed that the short multicomponent FallFitness exercise program provided **significantly improved** physical activity levels and **backward and sideways falling techniques** compared with those in the control group after 8 weeks of peer-led training.

STEP 2



# FallFitness for Physios

16 physiotherapists from 5 different municipalities in Region Sörmland.

Municipal settings – home visits team, Nursing care home, intensive rehabilitation at home

## Two days course:

**Day 1** - fall preventive training - Theory  
- FallFitness concept - Practice

**Day 2** - interactive practice with focus on fall technique



# FallFitness For Physios



## Modified Practitioner Self-Confidence Scale – FallFitness

1 = Do not agree at all

5 = Fully agree

I feel confident in my knowledge of fall-prevention training:

**3.3 → 4.7**

I feel confident using FallFitness in my clinical everyday practice: **1 → 3.9**

I feel confident in my knowledge of fall-technique according to the FallFitness program: **1 → 4.3**



# FallFitness for Physios : Thematic analysis

## Individual Experiences

- Safety & De-dramatisation

“It felt like a very safe way to learn falls.”

“Something scary turned into something fun.”

“Useful to try it myself, de-dramatising.”

## Professional Benefits



- Learning & Development

- “I've learned a lot I will bring into my work.”

- “Very good since it was something I lacked knowledge about. Fun as well.”

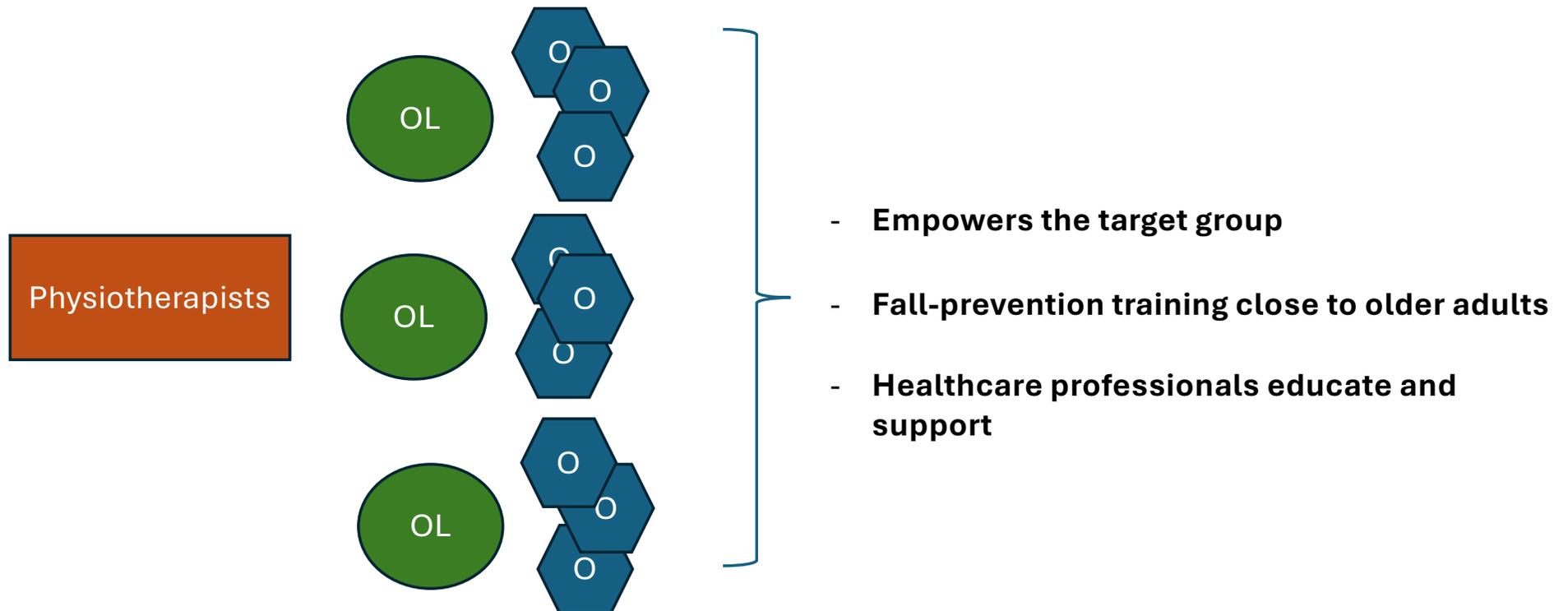
- Relevance for Fall Prevention

- "Educational, enriching, and exciting to use with our older adults to help reduce future falls."



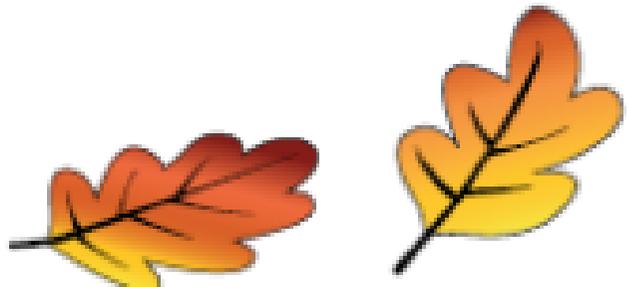
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- **Step 3: Sustainable model for fall prevention**



THANK YOU!

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