

# Morphophysiological changes and fall risk in the older adult: A review of the literature

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## Abstract

Aging is a universal, irreversible and individual process that causes morphophysiological changes in the musculoskeletal system, central nervous system and sensory systems (visual, vestibular and proprioception), increasing the risk of experiencing a falls. Falls have a high prevalence in older adults and have become an important public health concern due to the high economic and health-related costs that they represent. To address the increment of falls in older adults, it is important to know the anatomophysiological changes associated with aging and to plan health strategies where bone, muscular, somatosensory (proprioceptive) and cognitive stimulation is incorporated with the purpose of avoiding functional deterioration and disability. Based on the foregoing, the objective of this review is to describe how morphophysiological changes during the ageing process are associated with a higher risk of falls in older adults.

## Author keywords

Ageing

Elderly

Falls

Muscle strength

Physical capability

Sarcopenia