



**How does your
patient mobilize?**

clinical practice
recommendations

Clinical practice recommendations

For a patient with gait disturbance, to be done on the first day of hospitalization:

- Determine the risk factors for falls
- Assess gait using the Tinetti test
- Check for a history of falls in the previous 12 months



**Dare to use vitamin D
without measuring it!**

clinical practice
recommendations

For patients with gait disorders:

- Vitamin D3 supplementation reduces the risk of falls at a daily dose of 800 IU/day
- Measuring 25-OH Vitamin D levels is only useful if there is a risk factor for deficiency (e.g., osteoporosis, malabsorption, obesity, etc.) or if a fracture occurs despite supplementation treatment