

## ***Second Annual Fall Prevention Challenge***

Time to start planning to submit you ANPT Balance & Falls SIG video for this year's contest entry:

In concert with National Fall Prevention & Awareness Day, which is the first day of Fall each year, the BFSIG launched a video contest last year. Here is the link to the winning video from 2018.

<https://www.youtube.com/watch?v=xd0wAhezM4k&feature=youtu.be>

The team from University of Nebraska won \$500 for their good work, and the video helped the cause of #NFPAD!

Here are the criteria:

### **Competition objectives**

To increase awareness regarding the role of physical therapists in decreasing injurious falls within the community; and

To provide physical therapy students with a meaningful experience that strengthens their passion towards the profession.

### **Competition Rules**

- Video Theme is to answer one of the following questions:
  - **How do physical therapists decrease injurious falls within the community?**
  - **What are some patient education techniques that you have used in the clinic to prevent falls?**
  - **What are some novel treatment techniques that you have utilized in the clinic to prevent falls?**
- Deadline to enter is August 31, 2019
- Video should be a minimum of 30 seconds and no longer than 45 seconds in length
- Once the submitted videos and applications are reviewed they will be posted to the ANPT Balance and Falls Special Interest Group (SIG) Facebook Page and Twitter Accounts September 23<sup>rd</sup>, which is the first day of Fall and National Fall Prevention Awareness Day.
- Only 1 video per school will be allowed to enter the competition. If there are multiple student videos within one school, we recommend hold a sub-competition and advance only one winner video towards the #fallpreventionchallenge from that school.
- To win, "LIKE" and "SHARE" the original video. Points are awarded as follows: 1pt for a "Like", 3pts for a "Share" or "Retweet"
- Be sure to include the hashtag: #fallpreventionchallenge in your "share" or "retweet"
- A leaderboard with the running total for each school will be kept on the ANPT Balance and Falls SIG website and updated weekly
- The video that gets the most points combined will receive **\$500** from the ANPT Balance and Falls SIG. The money will be given to the school to use towards future fundraising efforts for the

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**BALANCE & FALLS**  
SPECIAL INTEREST GROUP

Academy of Neurologic Physical Therapy

students (example: National Student Conclave, or Combined Sections Meeting). The winning video producers will be recognized in our November BFSIG newsletter.

**Submission Guidelines**

- Videos should be submitted directly to [BalanceFallsSIG@gmail.com](mailto:BalanceFallsSIG@gmail.com).



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