

## **DD SIG: Fall Prevention and Fall Risk in Wheelchair Users with Multiple Sclerosis - with Debbie Backus and Laura Rice - Episode 33**

In this episode of 4D, we talk with Dr. Debbie Backus from the Shepherd Center in Atlanta, GA and Dr. Laura Rice from the University of Illinois Urbana-Champaign about their abundance of research in fall risk and fall prevention for wheelchair users with Multiple Sclerosis (MS). Host Chris Burke talks with our guests about what risk factors clinicians should be on the lookout for, what outcome measures to consider, and evidence based intervention strategies for this population. Tune in to learn more from the experts on how to reduce fall risk and optimize function in this unique population. The Degenerative Diseases Special Interest Group is part of the Academy of Neurologic Physical Therapy – [www.neuroPT.org](http://www.neuroPT.org)

### **Guest information**

Deborah Backus, PT, PhD, FACRM  
Vice President of Research and Innovation  
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Laura Rice, PhD, MPT, ATP  
Associate Professor  
Director of Disability Participation and Quality of Life Research Laboratory  
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### **Related Resources:**

Individualized Reduction of Falls Intervention Program (IROLL): <http://dpql.kch.illinois.edu/iroll>  
Transfer Assessment Instrument 4.0: Independent Transfer Outcome: <http://www.upmc-sci.pitt.edu/files/TAI%204.0.PDF>

### **Referenced Articles**

- Abou, L., Sosnoff, J. J., Peterson, E. W., Backus, D., Willingham, T. B., & Rice, L. A. (2022). Prediction of future falls among full-time wheelchair and scooter users with multiple sclerosis: A prospective study. *Multiple Sclerosis and Related Disorders*, 64, 103962. <https://doi.org/10.1016/j.msard.2022.103962>
- Rice, L. A., Yarnot, R., Peterson, E. W., Backus, D., & Sosnoff, J. (2021). Fall prevention for people with multiple sclerosis who use wheelchairs and scooters. *Archives of Physical Medicine and Rehabilitation*, 102(4), 801–804. <https://doi.org/10.1016/j.apmr.2020.10.107>
- Rice, L., Kalron, A., Berkowitz, S. H., Backus, D., & Sosnoff, J. J. (2017). Fall prevalence in people with multiple sclerosis who use wheelchairs and scooters. *Medicine*, 96(35). <https://doi.org/10.1097/md.0000000000007860>

Sung, J. H., Shen, S., Peterson, E., Sosnoff, J., Backus, D., & Rice, L. (2021). Fear of falling, community participation, and quality of life among community-dwelling people who use wheelchairs full time. *Archives of Physical Medicine and Rehabilitation*, *102*(10). <https://doi.org/10.1016/j.apmr.2021.07.524>

Zanotto, T., Rice, L. A., & Sosnoff, J. J. (2022). Frailty among people with multiple sclerosis who are wheelchair users. *PLOS ONE*, *17*(7). <https://doi.org/10.1371/journal.pone.0271688>