Introduction
Falls among the elderly are common but unfortunately influential. It was found that the prevalence of falls and recurrent falls was 19.3% and 4.75% respectively for elderly people aged 65 or above in Hong Kong. Falls may lead to detrimental consequence including fracture, head injury and declined mobility. Physiotherapist, as an essential member of the multi-disciplinary team in Geriatric Day Hospital (GDH) in Princess Margaret Hospital (PMH) of Kowloon West Cluster (KWC), offered comprehensive fall rehabilitation program for patients with falls. The fall rehabilitation program included, for example, tailor-made mobilization and strengthening exercises, standing balance exercises, dynamic balance training, Tai Chi exercise, fall prevention educational talk, etc.

Objectives
To evaluate the effectiveness of the tailor-made Physiotherapy program on fall rehabilitation in GDH of the PMH.

Methodology
Patients aged 60 or above receiving GDH rehabilitation from 1 January to 31 August 2014 with recent fall history were analyzed. Three main rehabilitation outcome measures were retrieved by e- Physiotherapy Discharge Summary via Clinical Management System (CMS), including (1) the ambulatory status using Modified Functional Ambulation Category (MFAC) score, (2) the functional mobility using Elderly Mobility Scale (EMS) score and (3) the mobility using Time Up and Go test (TUG). Comparison was made between scores taken in the initial assessment and last review session.
Result
179 patients (64 male & 115 female) who aged 60 or above (mean age = 81.0 ± 7.6) with history of falls were reviewed. Mean length of stay for GDH rehabilitation was 11.2 weeks ±5.8 weeks. 69.3% of the patients suffered from fracture and 85% among them received operation after fracture. After receiving rehabilitation in GDH, percentage of patients with MFAC Categories VI and VII (indoor walker & outdoor walker) increased from 32.4% to 48%. Additionally, there was statistically significant improvement in functional mobility by the assessments using EMS and TUG (Ps<0.01). It is concluded that Physiotherapy program on fall rehabilitation is effective in improving the functional mobility of elderly patients with falls. Further studies on the effectiveness of different balance training strategies are potentially warranted.