



American Stroke Association®
A division of the American Heart Association.

Together to End Stroke®

Foot Drop and Fall Risk After Stroke

Why foot drop increases risk and how to reduce falls

What is Foot Drop?

Foot drop is a common problem after a stroke. It makes it hard to lift the front part of your foot when you walk.

WHY FOOT DROP INCREASES FALL RISK

Foot drop makes falls more likely because:

- » Your foot might catch on rugs, curbs, or uneven ground
- » It can make your balance worse because it changes how you walk
- » Walking takes more effort, so you get tired faster and feel less steady
- » Even small things on the floor can trip you if your foot doesn't lift properly

For more about foot drop and treatments for it, visit stroke.org/about-stroke/effects-of-stroke/physical-effects/foot-drop.



SAFETY TIPS



Take your time

Don't rush when walking.



Use handrails

Even when you feel steady.



Use mobility aids

A foot brace (AFO), cane or walker helps stability.



Rest when tired

Fatigue increases fall risk.

Making your home safer is one of the best things you can do to prevent falls.

See our Home Safety Checklist and Visual Guide to Home Hazards for specific steps you can take.

Additional Resources

- » [Home Safety Checklist](#)
- » [Fear of Falling Fact Sheet](#)
- » [Movement for Prevention of Falls](#)

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