# Eamonn Holmes battles chronic health issues amid live broadcast fall



Eamonn Holmes has recently generated concern among fans and colleagues alike after a troubling incident during a live broadcast. The seasoned presenter, now 65, fell off his chair mid-show while interviewing guest speaker Charlie Rowley on GB News. Despite the dramatic moment, he quickly reassured viewers, stating, “I’m fine, fine, fine, carry on, carry on,” before the broadcast cut to an advertisement break. Once the show resumed, he attributed his fall to the studio chairs’ “wonky wheels,” but the incident underscores the broader context of his ongoing health struggles.

Holmes’ health challenges have been significant and well-documented over the years, starting with chronic back pain that first emerged nearly four decades ago. His condition has deteriorated substantially, and just a few weeks prior to the fall, he had been hospitalised due to another domestic accident. On 2 May, he posted an alarming update on Instagram, revealing a fall in his bathroom that required ambulance assistance. Reflecting on that experience, he said, “An unexpected journey this morning… bit of a fall on the bathroom floor. Gosh it hurts.” He also remarked on the toll this has taken on his quality of life, especially during a holiday weekend.

As detailed in various reports, Holmes began seeking medical advice only after years of enduring back and hip pain, eventually undergoing a double hip replacement in 2016 at 55 years old. This surgery aimed to relieve some of the debilitating discomfort he had experienced since the late 1980s, when the pain first began impacting his life. Following the operation, he faced numerous setbacks, including a dislocated pelvis and three slipped discs, which led to further difficulties in mobility. Today, he relies on walking aids like crutches, a wheelchair, and a walking frame, illustrating the profound impact of his health issues.

In 2018, Holmes faced yet another health hurdle as he battled shingles, a viral infection that can present severe complications if untreated. This flare-up occurred during an emotionally taxing period marked by a £250,000 tax dispute. “I was like a lamb to the slaughter—it was the most stressful, humiliating experience,” he recalled, emphasising the physical and emotional toll the virus took on him. The shingles diagnosis posed serious risks, especially due to its proximity to his eyes, which could have threatened his vision.

The relentless series of challenges continued into 2021 when Holmes experienced acute pain linked to three slipped discs, which heightened his reliance on mobility aids. He described the situation, including the moment he came to realise the significant impact his spinal issues had on his legs, stating, “I still thought it would go away, but it didn't. The knock-on effect was that I lost a lot of use in my right leg.”

Further surgical interventions were necessary, with a major spinal surgery performed in 2022 after Holmes found it increasingly difficult to fulfil his presenting duties. The operation was intended to alleviate his chronic pain but was followed by complications, including a severe fall at home that resulted in a broken shoulder. The incident left him in a precarious condition, further complicating his recovery process.

Most recently, in September 2023, Holmes underwent additional spine and neck stretching surgery after revealing he could no longer walk unaided. Post-surgery, he noted, “I can’t run, I can’t walk, I can’t do anything except watch TV and eat,” emphasising the limitations imposed by his health. Despite undergoing perioperative procedures aimed at providing relief, his condition continues to impede his mobility.

Throughout this tumultuous journey, Holmes has maintained an open dialogue with his audience on social media, sharing not only his struggles but also the support he receives from his family, particularly his wife, Ruth. He has been candid about the emotional and physical toll of his conditions, discussing the importance of maintaining a positive outlook. Even amid his challenges, Holmes continues to express determination for recovery, demonstrating resilience that resonates with many of his followers.

As Eamonn Holmes navigates this ongoing health battle, the concern from the public reflects a deep appreciation for his contributions to television and a genuine hope for his improved health and mobility in the future.

### Reference Map

1. Paragraph 1: [[1]](https://www.dailymail.co.uk/health/article-14734393/Eamonn-Holmes-health-batttle-chair-fall.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
2. Paragraph 2: [[1]](https://www.dailymail.co.uk/health/article-14734393/Eamonn-Holmes-health-batttle-chair-fall.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.express.co.uk/life-style/health/1540979/eamonn-holmes-health-slipped-disc-dislocated-pelvis-chronic-pain-symptoms)
3. Paragraph 3: [[1]](https://www.dailymail.co.uk/health/article-14734393/Eamonn-Holmes-health-batttle-chair-fall.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.mirror.co.uk/3am/celebrity-news/inside-eamonn-holmes-health-battles-29321544)
4. Paragraph 4: [[1]](https://www.dailymail.co.uk/health/article-14734393/Eamonn-Holmes-health-batttle-chair-fall.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[5]](https://www.gbnews.com/news/eamonn-holmes-admits-being-scared-his-health-will-never-fully-recover-as-he-gives-update-on-his-progress/429005)
5. Paragraph 5: [[1]](https://www.dailymail.co.uk/health/article-14734393/Eamonn-Holmes-health-batttle-chair-fall.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://www.hellomagazine.com/healthandbeauty/health-and-fitness/709099/eamonn-holmes-flooded-support-shares-new-health-update/)
6. Paragraph 6: [[1]](https://www.dailymail.co.uk/health/article-14734393/Eamonn-Holmes-health-batttle-chair-fall.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://www.hellomagazine.com/healthandbeauty/health-and-fitness/709099/eamonn-holmes-flooded-support-shares-new-health-update/)
7. Paragraph 7: [[1]](https://www.dailymail.co.uk/health/article-14734393/Eamonn-Holmes-health-batttle-chair-fall.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[6]](https://www.express.co.uk/celebrity-news/1903535/eamonn-holmes-five-health-battles)
8. Paragraph 8: [[1]](https://www.dailymail.co.uk/health/article-14734393/Eamonn-Holmes-health-batttle-chair-fall.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.mirror.co.uk/3am/celebrity-news/inside-eamonn-holmes-health-battles-29321544)
9. Paragraph 9: [[1]](https://www.dailymail.co.uk/health/article-14734393/Eamonn-Holmes-health-batttle-chair-fall.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[5]](https://www.gbnews.com/news/eamonn-holmes-admits-being-scared-his-health-will-never-fully-recover-as-he-gives-update-on-his-progress/429005)
10. Paragraph 10: [[1]](https://www.dailymail.co.uk/health/article-14734393/Eamonn-Holmes-health-batttle-chair-fall.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.mirror.co.uk/3am/celebrity-news/inside-eamonn-holmes-health-battles-29321544)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/health/article-14734393/Eamonn-Holmes-health-batttle-chair-fall.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.express.co.uk/life-style/health/1540979/eamonn-holmes-health-slipped-disc-dislocated-pelvis-chronic-pain-symptoms> - Eamonn Holmes, 65, has been battling chronic back pain due to a dislocated pelvis and three slipped discs. He has been candid about his struggles, expressing fears about his health and the impact on his daily life. Holmes has undergone various treatments, including physiotherapy, and has been open about the emotional toll of his condition. He has also discussed the support he receives from his wife, Ruth, and the challenges of relying on others for assistance. Despite the difficulties, Holmes remains determined to improve his health and mobility.
3. <https://www.hellomagazine.com/healthandbeauty/health-and-fitness/709099/eamonn-holmes-flooded-support-shares-new-health-update/> - Eamonn Holmes, 63, has been open about his health struggles, including chronic back pain and the use of a wheelchair. He underwent spinal surgery in 2022 to address these issues. Holmes has received support from fans and fellow celebrities, sharing updates on his recovery journey. He has also discussed the impact of his health on his daily life and the importance of staying positive. Despite the challenges, Holmes remains committed to his recovery and continues to engage with his audience through social media.
4. <https://www.mirror.co.uk/3am/celebrity-news/inside-eamonn-holmes-health-battles-29321544> - Eamonn Holmes, 63, has faced multiple health challenges, including chronic back pain, a dislocated pelvis, and shingles. He has been candid about the impact of these issues on his life, including the use of a wheelchair and reliance on walking aids. Holmes has shared his experiences with fans, discussing the emotional and physical toll of his conditions. He has also highlighted the support he receives from his family and the importance of staying positive during recovery. Despite the difficulties, Holmes remains determined to improve his health and mobility.
5. <https://www.gbnews.com/news/eamonn-holmes-admits-being-scared-his-health-will-never-fully-recover-as-he-gives-update-on-his-progress/429005> - Eamonn Holmes, 63, has shared concerns about his health recovery following a series of health issues over the past two years. He has undergone spinal surgery and experienced complications, including a fall that left him with a broken shoulder and weakened legs. Holmes has expressed fears about his health and the possibility of not fully recovering. Despite these challenges, he remains hopeful and continues to work on his rehabilitation, sharing updates with his audience and receiving support from fans and fellow celebrities.
6. <https://www.express.co.uk/celebrity-news/1903535/eamonn-holmes-five-health-battles> - Eamonn Holmes, 63, has faced multiple health challenges, including chronic back pain, a dislocated pelvis, and shingles. He has been open about the impact of these issues on his life, including the use of a wheelchair and reliance on walking aids. Holmes has shared his experiences with fans, discussing the emotional and physical toll of his conditions. He has also highlighted the support he receives from his family and the importance of staying positive during recovery. Despite the difficulties, Holmes remains determined to improve his health and mobility.
7. <https://www.telegraph.co.uk/news/2021/12/31/eamonn-holmes-cancel-culture-getting-bullet-head/> - Eamonn Holmes, 61, has been candid about his health struggles, including chronic back pain and the use of walking aids. He has discussed the impact of these issues on his daily life and the emotional toll of his condition. Holmes has also shared his experiences with treatments and rehabilitation, expressing concerns about his recovery and the possibility of not fully regaining his previous mobility. Despite these challenges, he remains determined to improve his health and continues to engage with his audience through social media.