

OSTEOPOROSIS

STARTLING STATISTICS



Affects an estimated
28 million people
ages 50+

80% of those affected are
women but the number is
substantial for men, as well

ARE YOU AT RISK FOR OSTEOPOROSIS?

- My older relatives have a history of broken bones.
- I'm "petite" or thin.
- I consume 2+ alcoholic beverages/day.
- I smoke.
- I consume a lot of caffeine and/or salt.
- I've been losing weight.
- My spine curves forward more than in the past.
- I have recently fractured my hip, wrist, or spine.
- I'm not sure if I get enough calcium in my diet.
- I don't like dairy products now or as a child.
- I don't exercise very much.
- My muscles are weak or sagging.
- I take thyroid medication, anti-convulsive medication, or cortisone-like drugs.

A PHYSICAL THERAPIST'S PERSPECTIVE

WHAT YOU NEED TO KNOW

- OSTEOPOROSIS LITERALLY MEANS "POROUS BONES"
- ROBS BONES OF CALCIUM SLOWLY OVER DECADES
- NO SYMPTOMS, A.K.A. "THE SILENT THIEF"
- OLDER WOMEN SUFFER 1.5 MILLION FRACTURES/YR TO THE HIPS, FOREARMS, AND VERTEBRAE

THE GOOD NEWS

- YOU CAN PREVENT OSTEOPOROSIS IF YOU BEGIN WEIGHT-BEARING EXERCISE SUCH AS WALKING, RUNNING, GARDENING, OR AEROBICS
- EAT A CALCIUM-RICH DIET FROM AN EARLY AGE
- PHYSICAL THERAPY CAN HELP MAKE THE DIFFERENCE IN KEEPING YOU ACTIVE



CALL TODAY • SCHEDULE AN APPOINTMENT

VISIT US ONLINE • ACCESSPTW.COM

FOLLOW US



OSTEOPOROSIS

Preventing and Treating Osteoporosis

Exercise

- Weight-bearing exercise and strength training are essential in the prevention and treatment
- Improves strength and balance, which helps prevent falls that lead to fracture
- U.S. Surgeon General recommends at least 30 minutes of moderate exercise each day

Posture and Body Mechanics

- Good posture may minimize the effects of the disease.
- When standing—keep a straight alignment from top of head to bottom of feet.
- When sitting—keep spine + head erect while maintaining natural curves of the back

Calcium

- One of the most important ways to help prevent osteoporosis
- Found in dairy products and, to a lesser degree, in dark green vegetables such as broccoli or kale

Lifestyle

- Alcohol, smoking, caffeine, diet, and certain drugs can increase your risk

Some basic advice:

- Stop smoking
- Limit consumption of alcohol
- Cut back on coffee, tea, and cola
- Decrease your salt intake

HOW PHYSICAL THERAPY CAN HELP

EVALUATION

- YOUR PHYSICAL THERAPIST WILL OBSERVE GENERAL BODY MECHANICS; MAY PERFORM SERIES OF SIMPLE PHYSICAL TESTS
- PROBLEMS WITH RANGE OF MOTION, BALANCE, POSTURE, STRENGTH & ENDURANCE

TREATMENT

INSTRUCTIONS ON PERFORMING DAILY ACTIVITIES WITH EXISTING FRACTURES:

- SUPPORT TO EASE PAIN, SUGGEST CORSETS AND HIP PADDING
- SPECIAL DEVICES LIKE LONG-HANDLED “GRABBERS” FOR REACHING OBJECTS
- MANUAL TECHNIQUES AND MODALITIES FOR PERSISTENT PAIN

EXERCISE:

- WILL MOST LIKELY BE PART OF YOUR TREATMENT PROGRAM
- FUNDAMENTAL IN SLOWING DOWN PROGRESSION OF OSTEOPOROSIS
- IMPROVE POSTURE AND ENHANCE SENSE OF BALANCE
- MOST EXERCISES ARE SIMPLE AND CAN BE DONE AT HOME



CALL TODAY • SCHEDULE AN APPOINTMENT

VISIT US ONLINE • ACCESSPTW.COM

FOLLOW US

