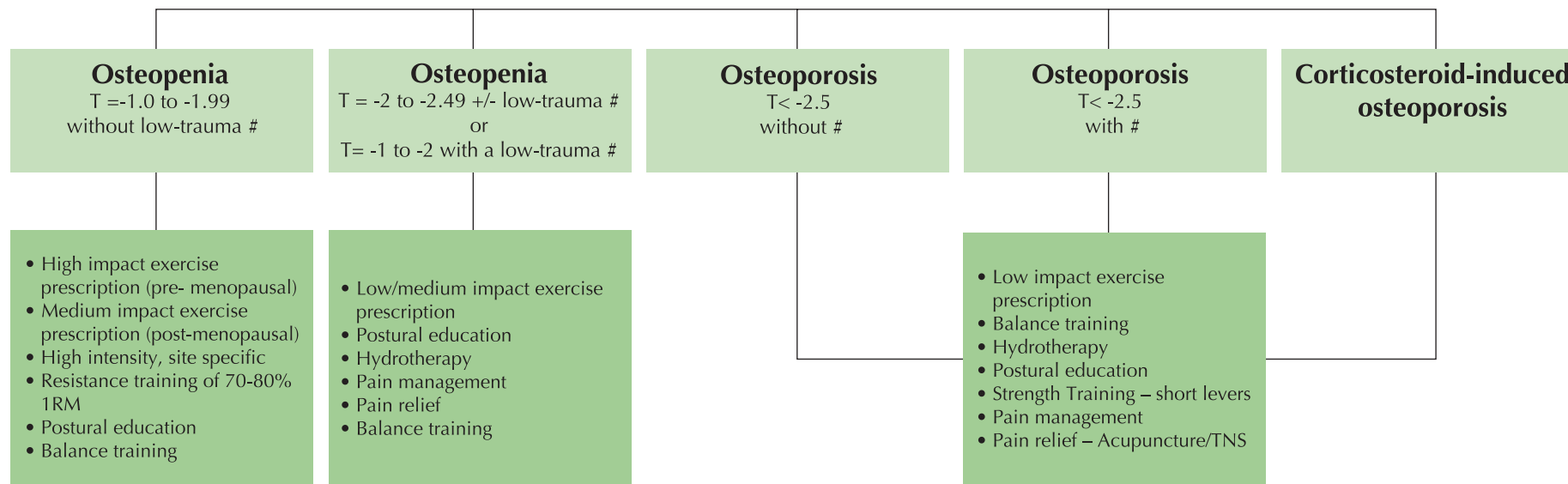


# Physiotherapy Management of Osteopenia and Osteoporosis

## Abridged version from ISCP Bone Health Doc. 2008

### Physiotherapy Aims:

- Maintain/increase BMD
- Educate and increase awareness of bone health
- Minimise early bone loss post menopause
- Improve posture
- Improve muscle strength
- Prevent fractures (primary & secondary)
- Prevent & reduce falls
- Improve balance & co-ordination
- Improve psychological well-being



### Notes

- Advice needs to be individually tailored taking into account previous fracture history
- Advice regarding safety and ergonomic issues at home, work and recreational environments
- Advice on lifting/carrying techniques
- Gradual progression of intensity
- Ensure resisted training progresses to maintain 1RM
- Other conditions such as pelvic floor insufficiency and osteoarthritis of weight-bearing joints will also need to be addressed

### Precautions

- Avoid trunk flexion and/or rotation
- These apply to marked Osteopenia and Osteoporosis with/without fracture and cortico-steroid induced Osteoporosis with a normal T-Score

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