

REHAB NEWS



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

Therapy's Role in Bone Health

According to the National Osteoporosis Foundation, one in two women and one in four men age 50 and older will suffer an osteoporosis-related fracture. Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to weak and brittle bones. Breaking a bone is serious, especially when you're older and broken bones can cause severe pain.

How Can Therapy Help?

Physical therapy can help manage and prevent osteoporosis as well as reduce falls and injuries for those diagnosed with the disease. Based on a thorough assessment of your posture, balance, strength and flexibility, a physical therapist will work one-on-one with you to target your specific areas of weakness. Also, an occupational therapist will work with you to evaluate your lifestyle, home environment and activities of daily living to ensure you can safely do all the things that you want and need to do. Talk to your doctor about your fall risk and ask if physical or occupational therapy could help. Be sure to have your doctor or pharmacist to review your prescriptions regularly.

Therapy Goals for Preventing & Treating Osteoporosis:

- ▶ Maintain or Increase Bone Mass Density Using Exercise
- ▶ Improve Muscle Strength, Balance, Posture, and Cardiovascular Fitness
- ▶ Improve Psychological Well-being
- ▶ Prevent Fractures
- ▶ Reduce Falls
- ▶ Provide Education

For more information, please contact the therapy department.

References: National Osteoporosis Foundation