

Rehabilitation in osteoporosis

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First steps in osteoporosis

- ▶ Educate the patient
- ▶ review treatment option
- ▶ review necessary lifestyle changes
- ▶ refer to other professionals



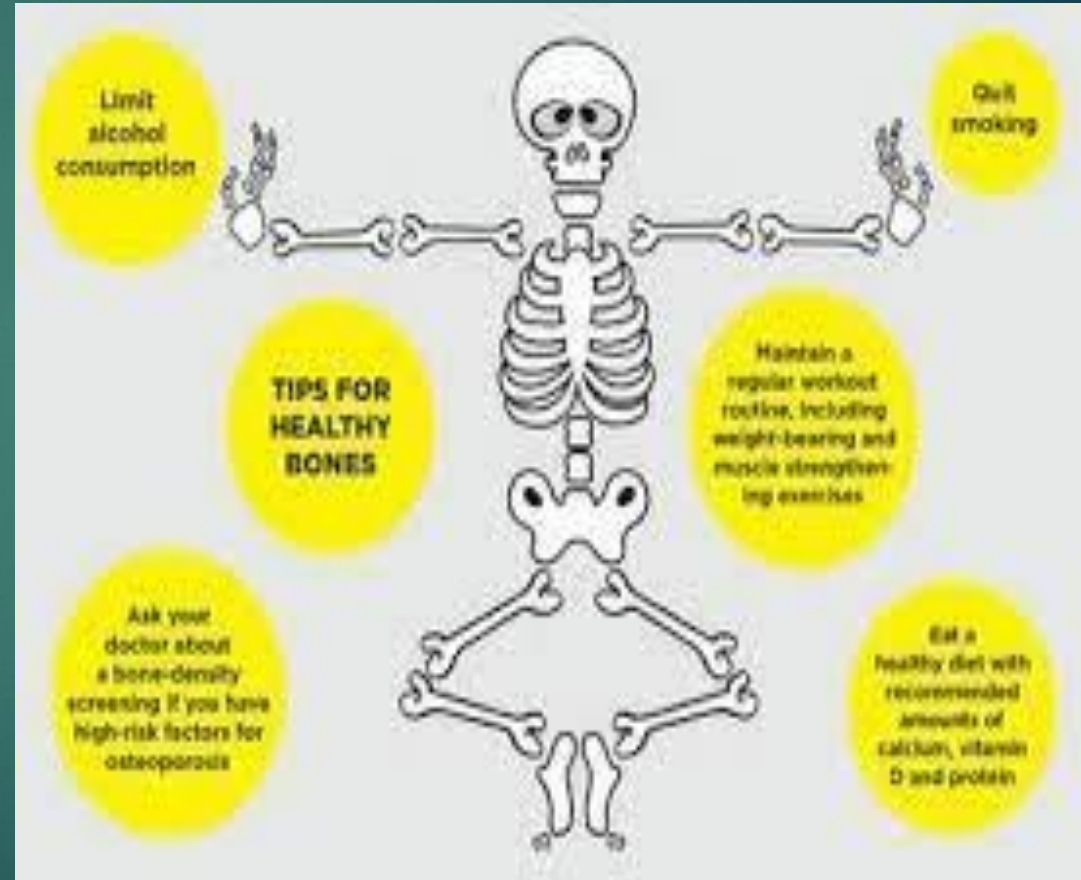
The bone health care team

- ▶ physician (rheumatologist)
- ▶ nurse practitioner
- ▶ bone mineral density technologist
- ▶ pharmacologist
- ▶ physiotherapist
- ▶ occupational therapist
- ▶ dietitian



Adopt a bone healthy lifestyle

- ▶ eliminate risky behaviors
- ▶ diet recommendation
- ▶ exercise regularly



Role of rehabilitation in osteoporosis

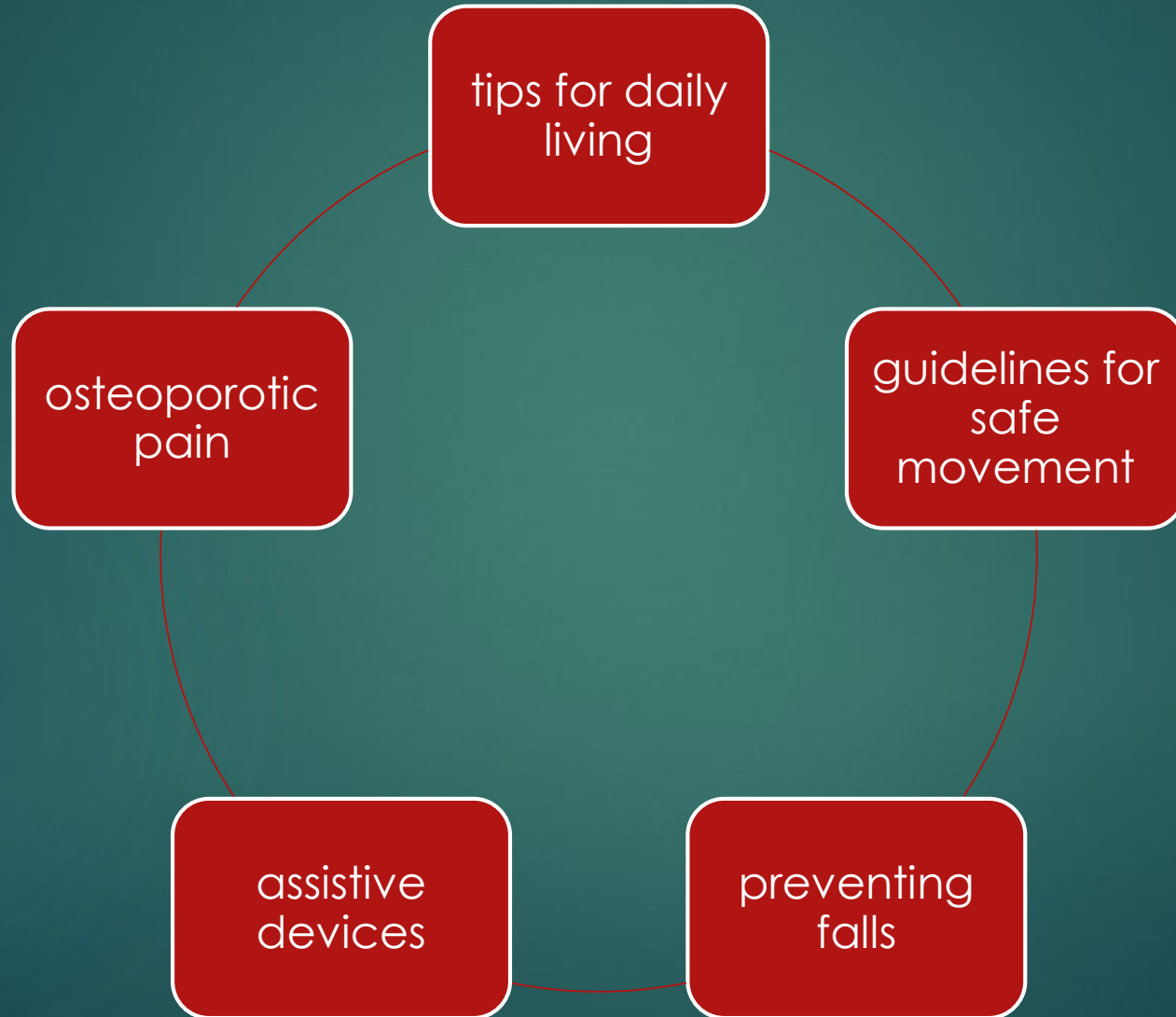
- ▶ Multidisciplinary approach to osteoporosis)prevention, treatment and rehabilitation(
- ▶ **deficits in function & quality of life result from osteoporosis**
- ▶ community based rehabilitation (CBR)

Rehabilitation goals



- Improve function
- Improve quality of life
- Predict of care needs
- Provide the necessary services for maximum individual participation in society

Rehabilitation object





Stages of osteoporose rehabilitation

- ▶ prevention
- ▶ risk factors assessment & change them
- ▶ functional & quality of life assessment
- ▶ non druge intervention
- ▶ Increase participation
- ▶ social support
- ▶ Decsion making participation

prevention

- ▶ Education and self management
- ▶ reduce risk factor for osteoporosis
- ▶ exercise



risk factors assessment & change them

- ▶ Modifiable risk factors
- ▶ Falling
- ▶ Context
- ▶ Cognitive status
- ▶ Musculoskeletal
- ▶ Balance

functional & quality of life assessment

- ▶ ambulation
- ▶ coordination
- ▶ postural control
- ▶ physical activity
- ▶ standard assessment tools

non druge intervention

- ▶ life style
- ▶ diet
- ▶ physical therapy
- ▶ occupational therapy

Increase participation

- ▶ social support
- ▶ Decision making participation