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Main points of Mary Breckel's Lunch and Learn Osteoporosis offered 9/14/2018.

Thanks to the providers who were able to join me last Friday to discuss multidisciplinary care for patients with osteoporosis! For those of you who were unable to attend, here is some follow-up information on the main points I wanted to share:

- I have additional training in providing physical therapy intervention to patients with osteoporosis. I love working with this patient population at any phase of their condition, including at the time of diagnosis.
- Insurance covers physical therapy for patients with an osteoporosis/osteopenia diagnosis, with no need for any other impairments, pain, etc. You can refer to PT with only the osteoporosis/osteopenia diagnosis and insurance (including Medicare) will cover it. One reason for this change is that research has shown the importance and effectiveness of treating patients with osteoporosis preventatively (at the time of diagnosis).
  - Recent research indicates positive bone mineral density change with supervised exercise/physical therapy. A 2012 meta-analysis (Kelley et al) demonstrated a 10% decrease of the 20-year relative risk of an osteoporotic fracture at any site for those who participated in supervised exercise/PT. Medication for osteoporosis, as well as calcium and vitamin D also support improved bone mineral density, but **exercise is the only intervention that also decreases falls (which is usually what precipitates a fracture)**. Studies demonstrate that exercise improves static and dynamic balance abilities, aerobic fitness, strength, decrease in BMI, and decreased in body fat percentage. This is why exercise is important.
  - Outpatient PT allows for individualized exercise programs to be created so the patient can focus on their area of bone loss and exercise in an evidence-based way to maximize bone health at their specific site of osteoporosis. This can't be done in a group exercise setting and personal trainers do not have advanced training to prescribe exercise specific to the osteoporotic site.

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- In addition to outpatient PT, we have also created an exercise class series that is appropriate for patients with osteoporosis. A few of my patients with osteoporosis have graduated into exercise class to improve long-term compliance. The class is called Ready, Set, Fit! and your patients can learn more about it on the hospital website, under the Wellness tab, or by contacting the rehab front desk. The class is cash-based (not covered by insurance). All classes are taught by me, with hands on cues to ensure safe and proper alignment which is crucial for this population.
- Overall, after PT, my patients report feeling empowered to move more because they learn proper positioning and build strength and balance abilities which improve their comfort with activity. This decreases fear avoidant behavior that often causes sedentary behavior which perpetuates weakness, bone loss, falls, and disability. My goal is to see more patients with osteoporosis receive PT early on in their condition to help prevent pain and disability that can result with advanced progression of the disease.