



ACTIVEPHYSIO[®]

If it's not active it's not physio



Patient Information

Osteoporosis and Osteopenia

What is Osteoporosis?

It is a skeletal disorder characterised by compromised bone strength predisposing to increased risk of fracture.

What is Osteopenia

Early signs of osteoporosis but it does not mean that you will necessarily develop osteoporosis.

Who gets Osteoporosis?

Anyone who has a low peak bone mass. They can be men and women, young or old. Risk factors that may contribute to the problem include:

- Smoking
- Sedentary lifestyle or long periods of immobilisation
- Genetics
- Some Medications for immune system disorders and respiratory conditions
- Menopause, especially if its onset is early
- Poor nutrition
- Less than 4 menstrual cycles per year

How do you know you have Osteoporosis?

By a bone scan called a DXA that produces a "T-score" which should be above -0.1.

Or by having a bone fracture which under normal circumstances would not have caused one – for instance a sneeze causing a fractured rib.

How do I prevent osteoporosis?

Build Bone Mass Before Your Peak

Build peak bone mass during the childhood and adolescent years with a good diet and weight bearing exercise. After the early 20's we lose 1% of our peak bone mass per year. During menopause we lose 5% to 15% of bone mass per year. So we need to build enough bone mass at the peak to last us a life time

Exercise

Weight bearing exercise that encourages short bursts of high intensity high impact activity reduces percentage bone loss once the peak has been reached. It takes approximately 30 minutes at least 3 times a week and is best with varied activity that causes you to move in unaccustomed ways.

Diet

A balanced diet with calcium input of up to 1500mg per day. That is 4 servings from the Dairy Group and two servings from the Meat/ Alternates Group give 1200 mg per day. Vegetables such as broccoli, bok choy and beans like Kidney and Chickpeas are high in calcium and can boost your intake to 1500mg per day.

Reduce the Risk of Falling

Physio exercises will strengthen the postural core muscles that hold you upright and react when your balance is threatened.

Also consider extrinsic factors such as:

- Surfaces that might be slippery such as the back steps.
- Obstacles especially those low to the ground where you may forget to look.
- Lighting – the majority of falls happen at night when people are reluctant to turn on the light.
- Clothing that you may get your foot caught in.
- Footwear – choose shoes which provide you more stability.

Do Hip Protectors Work?

Hip protectors are pads which provide cushioning to the hip and consequently reduce the likelihood of hip fracture. The evidence is clear that the hip protectors work – but only when you have them on! The problem is that people fall when they are not wearing them as it is hard to remember to put them on.

What Can Active Physio Do for you and Osteoporosis?

Our Bone Health package includes:

- An assessment of the musculo skeletal systems in terms of your postural strength and risk of falling
- A specific exercise programme designed to match your routine to allow for 2 to 3 sessions of 30 minutes each per week
- Progressions of the exercise programme are made as you develop your strength and balance and to keep the routine fun and interesting.

Your local Active Physio:



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