

TREATMENT

A Licensed Physical Therapist will perform a comprehensive evaluation and based on this information, will recommend appropriate exercised to improve posture, bone density and prevention of fractures. The benefits of exercises will also improve muscle strength, coordination and balance.

Washington County Hospital Physical Therapy Physician Referral Form

Date: _____

Patient Name:

Diagnosis: Osteoporosis

RX: Physical Therapy for
evaluation and treatment.

Physician Signature:



WASHINGTON COUNTY
HOSPITAL AND CLINICS

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OSTEOPOROSIS PROGRAM



Washington County
Hospital and Clinics
Physical Therapy

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OSTEOPOROSIS

Osteoporosis literally means bone (osteo) that is porous (porosis). It's a disease that causes bones to lose mass and become brittle, which may lead to painful fractures and often results in loss of height and rounded shoulders. Men as well as women suffer from osteoporosis, a disease that can be prevented and treated.

- As many as 30 percent of all postmenopausal white women in the U.S. may have osteoporosis of the hip, spine, or wrist.
- Osteoporosis is a major public health threat for 28 million Americans, 80% of whom are women.
- People with arthritis or other related rheumatic conditions are at risk because inflammation and decreased activity may lead to bone loss.
- One out of every two women and one in eight men over 50 will have an osteoporosis related fracture in their lifetime.
- Each year 80,000 men suffer a hip fracture and 1/2 of these men die within a year.
- Osteoporosis can strike at any age and is a life threatening illness.

HOW TO KNOW IF YOU ARE AT RISK?

SYMPTOMS:

Bone loss occurs without symptoms. People may not know they have osteoporosis until their bones become so weak that a sudden strain, bump or fall causes a hip or vertebral fracture.

DETECTION:

You will need to have comprehensive medical assessment. At this time your doctor may recommend that you have your bone mass measured. Bone Mineral Density (BMD) tests measure bone density in the spine, wrist, and/or hip. These tests are painless, non-invasive and safe. Bone density tests can:

- Detect low bone density before a fracture occurs
- Confirm a diagnosis of osteoporosis
- Predict your chances of fracturing
- Determine your rate of bone loss

Answer the following questions to find out your personal risk factor for Osteoporosis

1. Are you a post-menopausal woman?
2. Have you had an early or surgically induced menopause?
3. Do you take hormone therapy?
4. Are you physically active?
5. Do you smoke or drink more than seven alcoholic beverages per week?
6. Do you have a family history of osteoporosis?
7. Is your diet low in dairy products and other sources of calcium?
8. Do you take any medication which can cause osteoporosis such as prednisone or anti-convulsants?
9. Have you been taking excessive thyroid medication or high doses of cortisone-like drugs for asthma, arthritis, or cancer?

If you answered yes to one or more of these questions, you are at a greater risk for developing osteoporosis.