

Bone Health Flash!

September 2022 – Fall Prevention Awareness

News from Across the World:

September is a time to focus on fall prevention. Preventing falls has a significant impact on reducing fractures in individuals with low bone density. Fall prevention continues to garner interest and innovation across the globe. Take a look at some of the work across the ‘pond’:

- Mikó, I., et al. (2017). "Effectiveness of balance training programme in reducing the frequency of falling in established osteoporotic women: a randomized controlled trial." *Clin Rehabil* **31**(2): 217-224.

<https://journals.sagepub.com/doi/full/10.1177/0269215516628616>

Authors from Hungary and the UK demonstrate the efficacy of providing an exercise intervention to address components of strength, dynamic balance and functional implementation in this RCT. Participants were provided therapy twice weekly and given an instruction booklet to continue with daily exercises at home. Exercise design was based on prior research recommendations from Sherrington, et al. for exercise training and Sinaki and Lynn for dynamic postural training. Following this year-long study, results significantly improved balance measures and reduced number of falls in postmenopausal women who had suffered at least one prior fracture. Although a small population (n=50), it demonstrated the value of a multifactorial approach to address postural alignment and fall reduction for secondary fracture prevention in persons with osteoporosis.

- Stanghelle, B., et al. (2020). "Effects of a resistance and balance exercise programme on physical fitness, health-related quality of life and fear of falling in older women with osteoporosis and vertebral fracture: a randomized controlled trial." *Osteoporos Int* **31**(6): 1069-1078.

Authors in the UK set out to provide more detail on exercise intensity to address recommendations to be ‘strong’ (to benefit bone strength), ‘steady’ (to prevent falls) and ‘straight’ (to reduce risk of vertebral fracture, improve posture, and manage symptoms after vertebral fracture). The article provides specific guidelines with exercise implementation recommendations according to evidence reviewed or expert consensus.

Educational opportunities in Bone Health

Would you like to gain more information on safe and effective methods to prescribe and progress exercise for people with osteoporosis? BoneFit™ provides training for rehabilitation professionals, BoneFit™ Clinical, and exercise specialists, BoneFit™ Basics. Both in-person and virtual trainings, including a hybrid option, are being planned at this time.

Find out more about **BoneFit USA**, <https://www.bonesource.org/bonefit-usa>.

If you are already BoneFit™ trained and/or would like to host a training workshop, contact education@bonehealthandosteoporosis.org on how you can support this training.

Get Prepared to Share the News

World Osteoporosis Day is October 20, 2022. Check out the International Osteoporosis Foundation (IOF) website: <https://www.worldosteoporosisday.org/> for more information on resources you can provide for your patients and clients and even become more informed yourself.

Share your news...

Did you participate in an event to address fall and fracture prevention? Send your story or any news you would like to share to Kathlene Camp PT, DPT at Kathlene.camp@unthsc.edu.



Please visit the AGPT and SIG area often for updates and information!

<https://aptageriatrics.org/sig/bone-health-special-interest-group/>