
Bone Health Flash!

July 2023 – Hot Days of Summer!!

Hope everyone is staying cool but enjoying some outdoor summer fun! We have some news to share, ‘hot’ off the press.

Expand your Library and Knowledge:

Recent Publications:

Our PT colleagues at the University of Texas Medical Branch in Galveston have published their work on the use of manual therapy and exercise in addressing postural correction in individuals with hyperkyphosis, which included participants with osteopenia and osteoporosis. Improvements were seen in posture and functional outcomes. Take a look for more details:

Hughes, L. C., et al. (2022). "Feasibility of a 4-Week Manual Therapy and Exercise Intervention on Posture and Function in Community-Dwelling Older Adults: A Pilot Study." J Geriatr Phys Ther 46(3): 151-160.

<https://pubmed.ncbi.nlm.nih.gov/35939663/>

If you would like to ‘geek out’ a bit on how exercise actually influences bone turnover, check out this article on the pathology of exercise on bone.

Zhang, L., et al. (2022). "Exercise for osteoporosis: A literature review of pathology and mechanism." Front Immunol 13: 1005665.

<https://pubmed.ncbi.nlm.nih.gov/36164342/>

Additional research coming out of China also shares the comparative probabilities of different forms of exercise (resistance, aerobic, mind-body (ie. Tai Chi), combination) and intervention (whole-body vibration) on impact for BMD. This provides a network meta-analysis research approach to compare these forms of intervention.

Zhang, S., et al. (2022). "Effect of exercise on bone mineral density among patients with osteoporosis and osteopenia: A systematic review and network meta-analysis." J Clin Nurs 31(15-16): 2100-2111.

<https://pubmed.ncbi.nlm.nih.gov/34725872/>

Resource updates:

Bone Health and Osteoporosis Foundation (BHOF):

The BHOF has collaborated with national government agencies to provide a wealth of resources and education for individuals and caregivers on managing bone health. Check out this link for more resources on how you can help your clients: <https://www.pathtogoodbonehealth.org/>

Want to get trained as a BoneFit clinician? Check out this link for updates on upcoming virtual and in-person training opportunities: <https://www.bonesource.org/bonefit-usa>

What's Happening in the SIG

Come join us on **August 8** for our **Bone Health SIG Member Meeting** to hear updates on the development of a 'Bone Health Toolkit' and what our team is working on to in the coming year to prepare for CSM2024 and the January Journal Club Webinar.

Go the APTA geriatrics website to register for the meeting: <https://aptageriatrics.org/sig/bone-health-special-interest-group/>

OR, click on the following link:

https://us02web.zoom.us/meeting/register/tZEkdOuvrDsuG9S1q9YmoFXX_NTy_66C7Mt5

Join the SIG

To receive regular updates and access to all resources, [join our SIG](#) . You will need to 'Login' with your APTA ID in order to complete the registration. We would love to have your insight!

Stay cool,

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