
Bone Health Flash!

FEBRUARY 2021

Thank you to everyone who attended the APTA Geriatrics Journal Club presentation on January 19, 2021. Special thanks to the presenters, especially Kathlene Camp PT, DPT, who presented the clinical case. This will continue to be an annual event. We are looking for presenters for 2022! Link to article: [Score Distributions of the Balance Outcome Measure in Elder Rehabilitation \(BOOMER\) in Community-Dwelling Older Adults with Vertebral Fractures](#); Journal of Geriatric Physical Therapy: 42(3):E87-E93, July/September 2019.

UPCOMING EVENTS:

- **CSM 2021** continues as a hybrid of live and on demand courses from February 1-28.
- **IMPORTANT!! BHSIG ANNUAL MEETING MARCH 2, 8-9 PM EST.**
REGISTRATION IS FREE AND REQUIRED TO ATTEND.
Click Bone Health below to Register!
March 2 - [Bone Health](#), 8:00-9:00 PM ET (*reg. deadline: Feb. 28*)

Invite your colleagues to join and boost our SIG membership so we have more “boots on the ground” in other areas of clinical practice that are seeing patients with potential bone health related issues.

Relevant Research to Clinical Practice:

MORE LIFTMOR Resources:

[High-Intensity Resistance and Impact Training Improves Bone Mineral Density and Physical Function in Postmenopausal Women With Osteopenia and Osteoporosis: The LIFTMOR Randomized Controlled Trial](#)

Steven L. Watson, Benjamin K. Weeks, Lisa J. Weis et al.

Journal of Bone and Mineral Research (2018)

High-intensity exercise did not cause vertebral fractures and improves thoracic kyphosis in postmenopausal women with low to very low bone mass: the LIFTMOR trial

S. L. Watson, B. K. Weeks, L. J. Weis et al.

Osteoporosis International (2019)

Considerations for Clinical Practice/Screening for Osteoporosis:

The epidemiology of osteoporosis

Michael A. Clynes, Nicholas C. Harvey, Elizabeth M. Curtis et al.

British Medical Bulletin (2020)

Glucocorticoid-Induced Osteoporosis

Alanna M.K. Dubrovsky, Michael Maricic, Nancy E. Lane

Contemporary Endocrinology (2020)

Please submit any articles or information for the Bone Health SIG FLASH to: Lisa Hamilton, Vice Chair at lisahamiltonpt@gmail.com

