

Bone Health Flash!

March 2022 – CSM On-Demand Available!

Happy....almost Spring! It was a wonderful time to connect with some colleagues at the APTA Combined Sections Meeting in San Antonio. Unfortunately, COVID and a winter freeze event kept some from attending. But, no worries, you can now access much of the content online. We encourage you to sign-up and check out these great topics and speakers on Osteoporosis care:

- **APTA Geriatrics Evidence-Based Guidelines for Osteoporosis**, *Keith G. Avin, PT, PhD, Kathryn Elizabeth Roach, PT, PhD, Sherri R. Betz, PT, DPT, Carleen Lindsey, PT, MScAH, Robert W. Nithman, PT, DPT, PhD and Gregory W. Hartley, PT, DPT, FAPTA*
- **Bone Health: Applications for Prevention and Intervention Across Practice Specialties**, *Nancy Claire Cullinane, PT, MHS, Kathryn K. Brewer, PT, DPT, MEd, Cynthia Jean Watson, PT, DPT, Stephanie Marie Prinster, PT, DPT and Carleen Lindsey, PT, MScAH*
- **Osteoporosis Screening Tools: GeriEDGE Scoping Review Results**, *Kent Edward Irwin, PT, DHS, MS, Emma Louise Phillips, PT, DPT, Puneet Dhaliwal, PT, Christina Freshman, PT, DPT and Michelle G. Criss, PT, DPT*

Keep an eye out for associated publications to be released this year:

- Hartley GW, Roach KE, Nithman RW, Betz SR, Lindsey C, Fuchs RK, Avin KG, (2022). “Physical therapist management of patients with suspected or confirmed osteoporosis: a clinical practice guideline from the Academy of Geriatric Physical Therapy”
- Avin KG, Nithman RW, Osborne R, Betz SR, Lindsey C (2022). “Essential components of physical therapist management of patients with osteoporosis: a Delphi study.”

Other updates in Osteoporosis news and educational opportunities:

- **Bone Health and Osteoporosis Foundation** (BHOFF, formerly NOF)—launching **BoneFit USA initiative** – they offered their first virtual classes in October 2021 and Feb 2022. Next option will be in May 2022. Contact education@bonehealthandosteoporosis.org for training information
- **AGPT Journal Club Webinar**: In January, Dr. Wendy Katzman presented an overview of her research report, “Long-term Efficacy of Treatment Effects After a Kyphosis Exercise and Posture Training Intervention in Older Community-Dwelling Adults: A Cohort Study” and she was joined by Dr. Lynne Hughes who provided a case presentation, “Can PT

Make a Difference in Age-Related Hyperkyphosis? A Case Report Using Manual Therapy and Exercise.” If you were unable to attend, watch for the recorded webinar to be posted in the near future, <https://aptageriatrics.org/journal-club/>.

Passing of the torch...

Welcome to our new officers of the BHSIG!

- Kathlene Camp (Vice Chair)
- Cynthia Barros (Secretary)

Annual Membership Meeting

We held our annual membership meeting virtually on February 15, 2022. Visit the website to access the meeting minutes: <https://aptageriatrics.org/sig/bone-health-special-interest-group/>

OPPORTUNITIES for Collaborations/Volunteers:

- **CSM 2024:** Interested in contributing to collaborative presentation on bone health interventions in your practice area? Planning meetings have been started and you can join the next planning session.
- **Reference List:** Latest update is coming soon from the efforts of Kathy Shipp. Please let us know if you would like to assist with keeping this ongoing and updated.
- **Student Liaison:** This could be a great opportunity for a student to contribute and gain exposure and experience within AGPT.

If you are interested in joining any of these efforts, please contact Kathy Brewer, ptkkb55@gmail.com.

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

Send any research, news, or scholarly work you would like to share that could benefit our membership for inclusion on the website or BONE FLASH to: Kathlene Camp PT, DPT at Kathlene.camp@unthsc.edu.