
Bone Health Flash!

April 2022

News Release:

New Osteoporosis CPG is now available!

A clinical practice guideline on physical therapist management of patients with suspected or confirmed osteoporosis was developed by a volunteer guideline development group that was appointed by the Academy of Geriatric Physical Therapy. Thanks to this hard-working and dedicated team: **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**

You can access the guideline here: [Osteoporosis CPG for PT](#)

A common outcome measure tool, OLST, predicts fall AND fracture risk

In women of ages 75-80 years, a low one leg standing time (OLST) was associated with an increased risk of incident fractures, independently of bone mineral density and clinical risk factors. OLST contribute substantially to fracture probability, indicating that the test should be considered when evaluating fracture risk in older women.

Larsson BAM, Johansson L, Mellström D, Johansson H, Axelsson KF, Harvey N, Vandenput L, McCloskey E, Liu E, Sundh D, Kanis JA, Lorentzon M. One leg standing time predicts fracture risk in older women independent of clinical risk factors and BMD. Osteoporos Int. 2022 Jan;33(1):185-194. doi: 10.1007/s00198-021-06039-6. Epub 2021 Sep 8. PMID: 34498096; PMCID: PMC8758616. <https://pubmed.ncbi.nlm.nih.gov/34498096/>

Educational opportunities in Bone Health

Learn more about appropriate exercise interventions for persons with low bone density or osteoporosis. Excellent evidence-based education and patient-education resources provided. Virtual training options available.

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

Next Training opportunities:

June 2022 (sold out)

October 2022 dates pending

May is National Osteoporosis Awareness Month!

Prepare for sharing the news regarding Osteoporosis Management. The Bone Health and Osteoporosis Foundation (BHOFF), formerly known as National Osteoporosis Foundation (NOF), has great resources and a toolkit for sharing the news and tips. Look for 2022 updates to come to toolkit to share bone health tips with your clients. Note there is also a webinar recording providing to highlight the role of PT in Osteoporosis prevention and management.

<https://www.bonehealthandosteoporosis.org/national-osteoporosis-month/>

Share your news...

Let us know how you or your organization is sharing information on how to take care of bone health. Whether you work in pediatrics, sports medicine, oncology, geriatrics....we all have a role in protecting bones. Share your story and we would love to highlight it in our next Bone Flash. 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/>