

# Osteoporosis Rehabilitation

Physiotherapist Lene Lebech  
Health Center, Kolding

Symposium, The National Physiotherapist  
Association, April 2018.

## Risk factors – who should we be aware of?

- Early menopause
- Low BMI
- Low calcium / vitamine D, smoking, drinking, low activity
- Heredity in the family
- Fractures from minor accidents
- Other diseases, cancer / rheumatic diseases / lung diseases
- Vertebral fractures: height reduction, ribs to pelvic edge, head to wall / kyphosis

## Background

- In 2007 we had the municipal reform - patient education in hospitals were closed almost everywhere.
- Health center Kolding started patient education in 2008 with adjustments along the way
- Today Osteoporosis Rehabilitation
  - 6 x 2 hours, spread over 8-10 weeks
  - Interdisciplinary dialog based teaching

## Purpose

- To gain knowledge about osteoporosis, as well as get acquainted with relevant exercises and training, so that the patients can take care of their own situation and hopefully prevent (new) fractures.
- The patients own goals
- Focus on weightbearing activity and postural exercises

## Who can participate?

- Anyone with osteoporosis that needs knowledge and attention to the disease
- With or without vertebral fractures
- With og without other fractures
- Younger, elderly, men, women
  - For each man, we have 6-8 women

## Who cannot participate?

- Citizens with other primary diagnosis, that needs to be attended first
- Citizens that need specific rehabilitation, e.g. according to gait and balance
- Demented citizens
- Citizens with chronic pains as their primary problem

# Indhold

1. week	2. week	3. week	4. week	5. week	6. week
<p>Presentation and expectations</p> <p>By the physios 1 hour</p>	<p>What is osteoporosis?</p> <p>By the physios 1 hour</p>	<p>Ergonomics and everyday activities</p> <p>By the occupational therapist 1½ hours</p>	<p>What is your main concern?</p> <p>By the nurse 1 hour</p>	<p>Low-cost diet</p> <p>By the dietitian 1 hour</p>	<p>Completion and follow-up. What did I learn? Evaluation.</p> <p>By the physios 1 hour</p> <p>The National Osteoporosis Association is in the patient office</p>
<p>Basic exercises, back and stomach</p>	<p>Falls prevention / balance and gait</p>	<p>Nordic walking</p>	<p>Rubber band exercises</p>	<p>Training in machines (fitness)</p>	<p>Training as desired / relaxation</p>

## Ressources

- 2 courses, 4 times a year, 10 participants at each course, total 80 participants pr year
- 2 physios, 1 occupational therapist, 1 nurse, 1 dietitian

## Costs;

- Approximately 1000 kr. pr patient for 12 hours of rehabilitation, including telephone screening, individual talk and 1 year followup.
  - Not included, facilities and training equipment.



## The future

- A national plan for osteoporosis?
- Clinical guidelines for osteoporosis?
- Patient education in all municipalities?
- An app for those patients who do not need a whole course?

## Take home message

- For at rather small effort – and a low cost – you can make a huge difference for these patients
- QOL is improved
  - The patients take better care of themselves in order to comply with their medical treatment, to keep fit and hopefully prevent fractures

Thank you for your attention 😊