

physio



personal care
for personal health

she

Osteoporosis, Osteopenia, Low Bone Mass

Brittle bones in adults, reduced bone density

What is it?

Bone density changes with age.

Low bone density is named according to the degree of bone density.

Osteoporosis is when bone density is reduced to the point where there is a risk of fracture from a minor bump or fall.

Osteopenia in women and **Low Bone Mass** in men are the terms used to describe bone density that is lower than normal, but not as low as osteoporosis.

DEXA Testing

It is diagnosed with a DEXA scan: dual energy x-ray absorptiometry. This is an x-ray that takes multiple images of the lumbar spine, hip and wrist. Your bone density, or T-score, is compared to an 18-year-old's bone density. A T-score of 0 means that the bone density is similar to an 18-year-old. A negative number indicates lower density. A T-score between -1 and -2.5 is determined as osteopenia. A T-score below -2.5 indicates osteoporosis.

What can SHE do?

SHE will assess and/or help you with the following:

Posture and balance

Muscle strength

Co-ordination

General bone density

Bone density at the vulnerable sites: hip, wrists, lumbar spine

Standing and Walking capacity

Learn to get down to and up from the floor safely.

What can I do before I see the physio?

****Avoid** activities that increase flexion in the spine (forward bending) - sit-ups, spine curls, rowing exercise.

Make your home safe. Prevent unnecessary falls: Remove loose rugs and tape down or remove electrical cords that are lying on the floor.

Wear shoes with good grip in the house – not soft-soled slippers or socks.

Sit down to put your shoes and socks on.

Sit down to dry yourself after a shower.

Avoid walking in the dark. Turn on the house lights at night if you are going to the toilet.

PH: 0408 465 312

She Physio + Pilates, 41 Canterbury Road, Middle Park

she@shephysiopilates.com

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