



HOME SAFETY / FALL PREVENTION

- Keep all hallways and pathways illuminated. Use nightlights.
- Clear clutter from stairways, walkways, etc.
- Remove loose area rugs.
- Make sure all cords are taped down or out of the way.
- Make sure furniture is far enough apart to allow for easy passage.
- Keep a telephone in an easily accessible location.
- Be careful walking around or stepping over pets.

Prevention is the key to healthy bones.



POWELL
WELLNESS CENTER

Physical Therapy & Outpatient

1005 Golf Drive • Culpeper, VA 22701
phone: 540.829.4162
fax: 540.727.9634
www.culpeperhospital.com



MADISON PHYSICAL
THERAPY & REHAB

A Service of Culpeper Regional Hospital

1480 North Main Street, Suite B • Madison, VA 22727
phone: 540.948.3620
fax: 540.948.6753
www.culpeperhospital.com

OSTEOPOROSIS



CULPEPER
REGIONAL HOSPITAL

Physical Therapy and Rehab

WHAT IS OSTEOPOROSIS?

Osteoporosis is a disease characterized by low bone mass, and is associated with increased risk for fracture. It can affect men and women. Osteoporosis is a preventable and treatable disease and **not** an inevitable consequence of aging.

RISK FACTORS

- Family history of osteoporosis
- Small bone frame
- Caucasian or Asian decent
- Premature or early menopause in women
- Low hormone levels in men and women
- History of smoking
- Alcohol use
- Caffeine use
- Poor diet
- Inactive lifestyle
- Medication (including some steroids)
- Low calcium intake

BONE DENSITY SCREENING

A bone density test is a simple and painless procedure, requiring less than 10 minutes of your time. The test does not require a difficult preparation procedure or undressing. Bone density testing is available at our facility with a prescription from your healthcare provider.

PREVENTION

- Avoid forward bending, lifting and twisting, especially from a seated position.
- Avoid shoveling, vacuuming, sweeping and gardening.
- Avoid strenuous exercise on machines such as a rowing machine, cross country ski machine, bikes with reciprocal arm movements and the biceps weight machine.
- Use proper posture when lifting or carrying heavy objects to prevent excess stress on the spine.

DIET

Eat a healthy diet, rich in vitamins and minerals. It should include 1200 mg of calcium and 400 iu of Vitamin D daily.

RECOMMENDED EXERCISE GUIDELINES

- Weight-bearing exercise 3 to 4 times a week for 45 minutes. (ex. Walking)
- Resistive Exercise - weight training 2 to 3 times a week for 20 to 30 minutes.

HOW CAN PHYSICAL THERAPY HELP?

- Establish an exercise program to meet your specific needs, including balance training, strengthening and stabilization.
- Educate about postural exercises to minimize deformity and maximize flexibility.
- Educate about body mechanics such as safe lifting and transfer techniques.
- Educate about safe mobility and assist with activity modification and equipment needs.
- Educate on safety including the prevention of falls.
- Educate about pain control and provide treatments to decrease pain.

Physician's referral is required.