
Learning Objectives

MedBridge

Comprehensive Care Plan for the Older Adult with Osteoporosis

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Chapter 1: Developing a Plan of Care

- Define appropriate education, exercise dosage and progression of interventions for effective outcomes
- Understand secondary preventions, focusing primarily on education and exercise prescription
- Provide tertiary preventions based on the patient's presentation

Chapter 2: Intervention Strategies: Patient Education

- Understand bone mineral density (BMD) scores
- Review principles of bone maintenance, including nutritional components, pharmaceutical contributions, and principles of exercise

Chapter 3: Intervention Strategies: Posture Correction and Support

- Address modifiable postural changes, adaptations for structural abnormalities and prevention of further decline

Chapter 4: Intervention Strategies: Body Mechanics/Safe Movement

- Learn the essential applications of movement patterns, spinal loading, and safe movement