
Learning Objectives

MedBridge

Effective Therapeutic Interventions for the Older Adult with Osteoporosis

Kathryn Brewer, PT, DPT, MEd, GCS, CEEAA

Chapter 1: Intervention: Exercise Prescription Part 1

- Integrate the pathophysiology of osteoporosis with principles of weight bearing and strength training exercise to design an appropriate therapy intervention for older adults with osteoporosis

Chapter 2: Intervention: Manual Techniques

- Determining selection and utilization of appropriate manual techniques for management of tissue restrictions, joint hypomobility and pain

Chapter 3: Intervention: Lifestyle Modifications/Behaviors

- Understand the therapist's role for support and resources for lifestyle changes