



Indiana Physical Therapy is dedicated to providing quality therapy to our patients in a timely and cost effective manner. We promise to provide prompt and courteous service, ongoing health education, expertise, and rehabilitative services with real results at each of our clinics.

**CALL TO SCHEDULE AT ANY OF OUR LOCATIONS THROUGHOUT INDIANA:**

**FORT WAYNE AREA: (260) 209-2464**

**INDY AREA: (317) 449-2333**

**MICHIANA: (574) 931-2802**

**OPEN 7AM-7PM**

**ACCEPTS ALL INSURANCES**

**GUARANTEED APPTS WITHIN 24 HOURS**

INDIANA PHYSICAL THERAPY

# OSTEOPOROSIS



**INDIANA  
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*Where people go to get better*

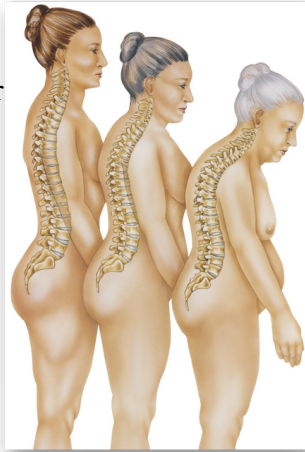
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## WHAT IS OSTEOPOROSIS?

**Osteoporosis** is a progressive metabolic bone disease resulting in an absolute loss of bone to the point at which fractures can occur to vertebrae, hips, wrists, and ribs from minimal or no trauma. It is characterized by postural deformity, pain, and loss of functional capacity. Approximately 61 million people are affected by osteoporosis, 80% of them women.

## RISK FACTORS

- Postmenopausal women
- Excessive caffeine or salt intake
- Smoking
- Excessive alcohol consumption
- Low body weight
- Frequent dieting
- History of eating disorders, especially anorexia



**Whatever your diagnosis, our staff has a wealth of industry experience and knowledge to help get you through. If you are down due to pain, it's time to come see us!**

**INDIANA**  
**PHYSICAL THERAPY**

## CONSEQUENCES OF OSTEOPOROSIS

- Hip, vertebrae, wrist and other bone fractures
- Immobility following fracture, leading to disability, long-term care, institutionalization, and occasionally even death.

## TREATMENT OF OSTEOPOROSIS

Pharmacologic interventions include medications, hormone replacement therapies, and selective estrogen modulators. Physical therapy often accompanies hormone replacement therapy because it helps reduce pain, improve range of motion and postural deformities, and it can improve balance. Physical therapy improves all of the conditions associated with osteoporotic fractures and bone loss.

Osteoporosis is a preventable disease. A diet rich in calcium with at least 1,200 mg of calcium from food and supplements along with 400-800 IUI of Vitamin D is recommended. Smoking and excessive alcohol consumption deplete much needed stores of calcium; it is important to avoid both.

An active lifestyle including weight bearing activities and strength training should be a priority. Preventing falls in the home for the elderly who have osteoporosis through home safety evaluations and through the use of hip protectors and padding should be emphasized.