



www.erasosaphysio.com
www.gwha.ca

Our clinics are conveniently located and offer extended morning and evening appointments to accommodate your busy schedule.

While you do not require a physicians referral to access physiotherapy, some extended health insurance plans may require one. Please confirm with your insurance company

EPA clinics. Give us a call today!

ACTON	519.853.9292
BURLINGTON	905.315.7746
CAMBRIDGE / HESPELER	519.220.1794
ELORA	519.846.9919
GEORGETOWN	905.873.3103
ORANGEVILLE	519.940.8993
GUELPH - BULLFROG MALL	519.767.9950
GUELPH - HEALTH AND PERFORMANCE CENTRE	519.767.5011
GUELPH WOMEN'S HEALTH ASSOCIATES	519.780.0606

Your Path to Improved Health: Osteoporosis



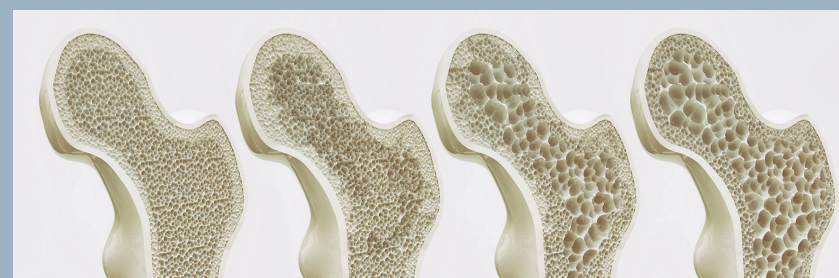
Our EPA clinics are conveniently located with today's busy schedules in mind. Our professional, friendly team will welcome you to the clinic and assist you in the following ways:

- Billing inquiries and payment options
- Health insurance provider information (WSIB, MVA, private health insurance)
- Booking convenient appointments
- Collecting new patient information
- Answering questions and directing any concerns to appropriate personnel

Our caring administrative team will also introduce you to your physiotherapist.

Additional services include:

- Specialized programs for shoulder, back and knee pain
- Post-surgical rehabilitation
- Acupuncture
- Sports injuries - specialized programs designed for the prevention and treatment of injuries
- Massage therapy
- Motor vehicle accident injuries
- Work-related injuries
- Several clinic sites offer women's health programs for breast cancer and osteoporosis
- Fit to Move™ Lifestyle Assessment for the prevention of heart disease, diabetes and stroke
- Several sites offer custom brace fitting and other braces and support devices.



Your Path to Improved Health

Clarify. Collaborate. Treat. Discharge and Review.

1 Clarifying Osteoporosis Management

For many women and men (1/3 women & 1/5 men), the diagnosis of Osteoporosis can come as a surprise. Osteoporosis has been coined the "silent thief" secondary to the general lack of symptoms that a person may notice along the progression of the disease. Osteoporosis is the gradual loss of bone mass which can further result in a fracture. Commonly, women will be completing their post-menopausal physicals at which time their family physician has ordered special tests like a Bone Mineral Density test. Only then do they find out that they are at a high risk of fracturing. This knowledge can provoke fear of activity and worry for their future quality of life.

Although the progression is typically silent of symptoms, many clients experience the intense and sudden pain that is associated with fractures at the end stages of the disease. Commonly, clients will present with intense rib or mid back pain following a chest infection that resulted in repeated coughing. Or perhaps a client experiences a "small" fall, which in the absence of Osteoporosis would be well tolerated by the body, but in the presence of unknown osteoporosis they are dealing with the challenges of a wrist, shoulder or hip fracture.

As education grows around the management of Osteoporosis, some men and women are aware of their family history and other risk factors that predispose them to osteoporosis. They are actively looking for conservative and preventative treatment strategies so that they can avoid dealing with a future of possible pain from fractures or immobility.

2 Common Causes of Osteoporosis:

While there is no known cause for Osteoporosis, there are several risk factors that can lead to low bone mass and higher risk of fractures.

- Women or more susceptible than men
- Risk increases as we age
- Post-menopausal women, or other changes in hormone levels (early hysterectomies)
- Low body weight or low bone mineral density outside of the normal values:
 - Osteoporosis: T-score \leq -2.5 SD
 - Osteopenia: T-score b/w -1 & -2.5 SD (low bone density)
 - Normal Bone Density: T-score \geq -1 SD
- A previous history of falling, or a condition that makes falling more common (history of dizziness, loss of lower extremity strength or balance)
- A family history/having a parent who has had a hip fracture
- A chronic history of smoking or alcohol consumption
- Sedentary lifestyle/lack of exercise
- A diet that was historically low or continues to be low in Calcium, Vitamin D and protein
- Chronic use of medications like: glucocorticoids (prednisone), breast and prostate cancer drugs, heartburn drugs, depo-provera use, excessive thyroid hormonal replacement, antiseizure and blood pressure medications and diuretics
- Other medical conditions: Rheumatoid Arthritis, Malabsorption Syndromes, Diabetes, Kidney & Liver Disease, Chronic Obstructive Pulmonary Disease (COPD)

3 Osteoporosis – Treatment & Prevention Program

We assist our Osteoporosis clients on their Path to Improved Health through:

- A detailed assessment with a physiotherapist to review history, risk factors, determine any individualized treatment needs
- A specific exercise and education program that targets improving bone mineral density through the use of resistance/weight training exercises, balance training and education and exercise to improve posture.



How does exercise help my bones?

- Increasing force or load on bones stimulates the remodeling or forming of new bone when taking part in physical activity
- It is important to take part in physical activity in different ways to thereby, stimulate and load bone to maintain and enhance strength and bone competence

What are the positive effects of exercise for those with osteoporosis?

- Balance and coordination are enhanced with physical activity, as well as reducing the risks of falls or potential fractures. These also help reduce the risk of falls and potential fractures
- Physical activity is a good tool to help reduce pain
- Exercise helps strengthen muscles, increase flexibility and improve posture
- Staying active provides osteoporotic individuals the confidence and ability to continue activities of daily living

Bone Fit Treatment Program:

- 6 Week Program, 2 exercise sessions per week
- 12 sessions in total, 1-hour sessions
- Wear active clothing that is comfortable & running shoes

What are the goals of Bone Fit?

1. Fall prevention
2. Safe movements (e.g. postural alignment, body mechanics, muscle endurance, stretching, etc.)
3. Prevention of further bone loss

Who is Bone Fit for?

- People diagnosed with osteopenia or osteoporosis
- People with a family history of osteoporosis
- Women in early menopause and/or post-menopausal women who have not received hormone treatment in the last 5 years
- Prolonged oral steroid users

4 Discharge Review:

Our goal is for our clients to be confident in continuing specific lifetime preventative exercises. You will be given a detailed home based exercise program and encouraged to return to the clinic should there be any exacerbation of your symptoms. Your primary healthcare provider will receive an overview of your changes, any improvements in pain, strength and balance.

5 Discharge Peak Review:

We want you to remain at the peak of your Path to Improved Health and we will follow up on your progress following your discharge from the clinic. You will receive a follow-up letter and should you have any new or ongoing concerns, we would invite you to return to the clinic at your convenience.