

## Using the recommendations

**All patients with osteoporosis\***  
Low BMD, higher fracture risk, fragility fractures including vertebral

### Definition of osteoporosis

The term osteoporosis is used throughout this statement as an umbrella term to include someone with low bone mineral density (BMD) in the osteoporosis range (a DXA bone density scan measurement) or a significant fracture risk (based on fracture risk assessment) **with or without fragility fractures** (including vertebral).

Frail, falling or unsteady?      Back pain or other vertebral fracture symptoms

YES      NO      NO      YES

Prioritise **STEADY**

Prioritise **STRAIGHT**

**Steady**

For frequent fallers - advice from falls service/physiotherapist may be appropriate

Exercise for:  
**BALANCE**  
**GAIT** and muscle strength exercise

Progress to **STRONG** and **STRAIGHT** if not yet included

**Strong**

**MUSCLE STRENGTH**

AND

**IMPACT FOR BONE STRENGTH**

Progressive muscle resistance

Vertebral fracture?

NO      YES

Advise to consider balance exercises **STEADY**, posture and lifting advice **STRAIGHT** if not yet included

Moderate impact

Lower impact

For some individuals moderate impact may be appropriate depending on number of vertebral and other fragility fractures, level of fitness & muscle tone, previous experience of moderate impact exercise, back pain from fractures etc.

**Straight**

Modify extreme or loaded flexion unless used to movements/ very good muscle tone

Advice on:  
**MOVING LIFTING**  
Exercise for:  
**BACK STRENGTH POSTURE**

Progress to **STRONG** and **STEADY** if not yet included