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).

Quick guide: flow chart

Using the recommendations

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

Frail, falling or unsteady? NO YES

Back pain or other vertebral fracture symptoms NO YES

Prioritise STEADY

Prioritise STRAIGHT

Steady

Exercise for: BALANCE GAIT and muscle strength exercise

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

Progress to STRONG and STRAIGHT if not yet included

Strong

Muscle strength

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

Advice on: MOVING LIFTING Exercise for: BACK STRENGTH POSTURE

Progress to STRONG and STEADY if not yet included

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