

Osteoporosis Therapy Program

St. Luke's Better Bones and Balance Program can help prevent the advancement of osteoporosis in your patients. After being referred to any outpatient location, your patients will receive tailored treatment from an experienced physical and/or occupational therapist for weight bearing exercises, as well as, functional assessment to give your patient ways to better manage their condition.

Patient

The program is open to all patients at various stages of risk from Osteoporosis.

Prevention for the low bone mass patient –

Proper exercise can stop or reverse bone loss.

Treatment for the osteoporosis patient –

Customized land and aquatic exercise programs help with posture and prevent deformity and fractures by avoiding certain movements.

Advanced care techniques for the osteoporotic patient –

In addition to an exercise program, patients undergo a balance evaluation and receive recommendations on how to reduce falls. Physical therapy may be included to help alleviate pain associated with osteoporosis or newly fractured bone. Occupational therapy can also be provided by a licensed therapist who specializes in the treatment of functional deficits, home safety and promoting independence. They can provide practical instruction for dressing, grooming, toileting, hygiene, functional mobility, meal preparation and adaptive equipment needs.



Program Emphasizes

- Individualized treatment plans
- Increased bone mass
- Slowed bone loss
- Gained strength
- Improved balance
- Reduced falls
- Preventing injuries
- Objective measurements
- Weight bearing exercises
- Education
- Function

Treatment Resources

Our therapists are highly trained and hold additional specialized certifications to help your patients recover from injury or illness.

To refer your patient, contact:

(509) 473-6869
fax (509) 473-6097

www.st-lukes.org  