

Preventing Secondary Fractures through an Evidence-based Exercise Training Program

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Background

About Osteoporosis

Osteoporosis is a major public health threat for an estimated **54 million Americans** 50 years of age and older.

Osteoporosis-related bone breaks cost patients, their families, and the healthcare **system \$52 billion annually**.

Approximately **75,000** Americans who experience a hip fracture die in the year following the fracture.

About BoneFit™ USA

Need: Research shows that weight-bearing and muscle-strengthening exercises play an important role in building and maintaining bone strength throughout the lifespan. Caution needs to be considered for patients with osteoporosis or a history of fractures to prevent secondary fractures.

Target Audience: Personal trainers, exercise and fitness professionals, physical therapists, and clinicians that incorporate exercise recommendations into their practice.

International Collaboration: In 2019, the Bone Health and Osteoporosis Foundation successfully adapted the BoneFit™ program developed by Osteoporosis Canada to meet the requirements of the U.S.

Program Demand: The program's popularity/wait list indicates an unmet need for professional education across multiple domains to address the growing population of osteoporosis patients who would benefit from exercise intervention post-fracture.



Check out our website by scanning the QR code!



Objectives

- Identify the importance of safe and evidence-based exercise training programs for professionals specifically for osteoporosis patients
- Describe the training components of BoneFit™ USA



Reach

2019 Trainings

- La Jolla, CA – May 15th: 23 attendees
- Albuquerque, NM – September 14th-15th: 41 attendees

2021 Trainings

- Virtual – October 17th: 29 attendees

2022 Trainings

- Virtual – February 6th & 13th: 30 attendees
- Virtual – June 4th-5th: 28 attendees
- Arlington, VA – October 1st: 19 attendees

2023 Trainings

- Virtual – January 28th & 29th
- In-person – April/May
- Virtual – September/October

170 individuals in the U.S. have been trained within 6 trainings with the goal to reach 90 attendees annually.

Training Components

- 5 online modules
 - Overview of Osteoporosis Basics
 - Assessment of Osteoporosis
 - Exercise
 - Anatomy Review of Spine & Hip
 - Adapting Exercises & Additional Postural Correction
- Live training – in-person for 8 hours in one day or virtually 4 hours split into two days
 - Functional Movements & ADL adaptations
 - Posture, Balance & Walking Patterns
 - Exercises: Foam Roller, Yoga, Pilates, Gym, Scapular Stabilizers
- Final assessment and evaluation
- Attendees posted on the BHOF website BoneFit™ Directory in order for patients to find a professional near their area

Future of BoneFit™ USA

- Research updates to be addressed by BoneFit™ USA-Canada Oversight/Scientific Committee :
 - Providing more details on fracture risk assessment for attendees to prepare for clients
 - Providing updated research on impact exercise and Erector Spina training
 - Providing position statements for FAQs such as weighted vests and vibration platforms
- Increasing attendee numbers and trainings:
 - Currently reaching more of a clinical audience
 - Working to reach more exercise professionals