

# Bone Health Flash!

**January 2023** – Happy New Year!

## **Join us for January Journal Club**

January 17, 2023

8:00 – 9:30 pm EST

Article for review: [Effects of Pilates Exercise on Bone Mineral Density in Postmenopausal Women: A Systematic Review and Meta-analysis](#), J Geriatr Phys Ther.2022; 45(2):90-106. de Oliveira RG, Anami GEU, Coelho EA, et al.

Article review presenter: Jorge Junior, PE

Case study presenter: Sherri Betz, PT, DPT, “Is a Pilates Program Enough?”

[Register Here](#)

## **Recent Publication:**

Dr. Lora Giangregorio and Matteo Ponzano provide an excellent review of evidence and practical tips for exercise and activity intervention for individuals with osteoporosis at risk for fracture. Check out this article for wonderful article which includes clear and practical application tips:

Giangregorio LM, Ponzano M. Exercise and physical activity in individuals at risk of fracture. Best Pract Res Clin Endocrinol Metab. 2022 Mar;36(2):101613. doi: 10.1016/j.beem.2021.101613. Epub 2022 Jan 6. PMID: 35210190. <https://pubmed.ncbi.nlm.nih.gov/35210190/#affiliation-1>

## **BoneFit™ USA Training Workshop**

Want to increase your knowledge and skills in working with clients with low bone density? The Bone Health and Osteoporosis Foundation (BHOFF) have scheduled an in-person BoneFit™ training workshop created by Osteoporosis Canada for healthcare professionals and exercise specialists.

Date: Saturday, May 6, 2023

Prior online educational training is to be completed before attendance.

Location: The University of North Texas Health Science Center, Fort Worth, TX

To register, visit: [BoneFit USA registration](#)

## **Recent Guideline update**

The American College of Physicians recently released their new clinical guideline for recommendations on pharmacological treatment of primary osteoporosis or low bone mass to prevent fracture in adults. Here is a link to stay aware of pharmacological approaches recommended for your clients: [ACP new osteoporosis guidance](#)

## **CSM is approaching...**

If you plan to attend live or connect virtually, here are some presentations you may want to check out to enhance your knowledge in caring for individuals with low bone density or at risk for fracture:

Pre-Conference, Wednesday, Feb 22; 8 am – 5 pm

**GR-13941 LEARNING HOW TO FALL: PREVENTING INJURIES WITH SAFE FALL LANDING STRATEGIES \*1-DAY PRECONFERENCE COURSE;** *Steven Gilles Kinney, PT, DPT, John Kiesel, PT, DPT, Meynard Villenas Enriquez, PT, DPT and Sharon John, PT*

Thursday, Feb 23

11:00 am – 1:00 pm

**GR-14820 CLINICAL PRACTICE GUIDELINE FOR THE MANAGEMENT OF FALLS IN COMMUNITY-DWELLING OLDER ADULTS;** *Timothy A. Hanke, PT, PhD, Keith G. Avin, PT, PhD, Christine M. McDonough, PT, PhD, Neva Jillaine Kirk-Sanchez, PT, PhD and Jennifer A. Blackwood, PT, PhD*

3:00 pm – 5:00 pm

**GR-13903 RESEARCH UPDATE ON EXERCISE FOR OSTEOPOROSIS;** *Sherri R. Betz, PT, DPT*

Friday, Feb 24

8:00 am – 10:00 am

**GR-14749 HIGH-INTENSITY STRENGTH TRAINING INITIATED EARLY POST HIP FRACTURE: IS IT REALLY SAFE AND TOLERABLE?;** *Kathleen Kline Mangione, PT, PhD, FAPTA, Morten Tange Kristensen and Jan Arnholtz Overgaard, PT*

11:00 am – 1:00 PM

**GR-13984 JUMP IN! JUMP TRAINING FOR OLDER ADULTS;** *Wendy K. Anemaet, PT, DPT, PhD and Jill Danielle Jumper, PT, DPT*

Saturday, Feb 25

3:00 – 5:00 pm

**GR-14766 TELEREHABILITATION AND GERIATRICS: EXPANDING ACCESS AND SERVICE TO PREVENT FRAILTY AND FALLS WITH PHYSICAL THERAPY;** *Amanda L. Olney, PT and Katherine Ritchey, MPH, DO*

## **Membership BHSIG meeting:**

Please visit: <https://aptageriatrics.org/sig/bone-health-special-interest-group/> for updates regarding our next membership meeting in February following CSM.

Best to all,  
Kathlene Camp, PT, DPT, Vice Chair, BHSIG