

IMPORTANCE OF TREATMENT

The Meeks Method for Osteoporosis

An innovative program designed to prevent, arrest, or reverse bone loss in individuals with low bone mass and skeletal fragility.

Goal: Minimize the risk of the first fracture or the next fracture.

1. Isolate: determine areas of restriction and weakness
2. Activate: relieve restrictions and strengthen weak areas
3. Integrate: add functional movement patterns

Who will benefit:

Effective and safe for people with or at risk for osteoporosis, osteopenia, spinal stenosis, spondylolisthesis and other low back pathology, including recent (or old) back surgery, and low back pain secondary to pregnancy and degenerative scoliosis.

Emphasis:

- Balancing postural change
- Building confidence through movement and S.A.F.E. exercises: Skeletally Appropriate For Everyone



At Kitsap Physical Therapy, we have therapists who are trained in evidence-based protocols for the treatment of Osteoporosis offering location preference and convenience for patients.

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Miranda Morgan PT, DPT

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Silverdale (360) 613-1834

Emily Everett PT, DPT

The vision is to facilitate wellness and fitness through a 1:1 supervised skilled physical therapy program with a focus on providing evidence-based care for individuals with osteopenia or osteoporosis. Participants will meet 1 time per week for 6-8 sessions, focusing on postural patterns, floor transfers, core strengthening, back strengthening, and progression to a safe and independent gym program.



kitsap
physical
therapy

AND SPORTS CLINICS

Osteoporosis

How to enhance movement and life through exercise

A comprehensive physical therapy program to empower patients diagnosed with osteopenia or osteoporosis to return to normal activities of life and exercises without fear of injury.

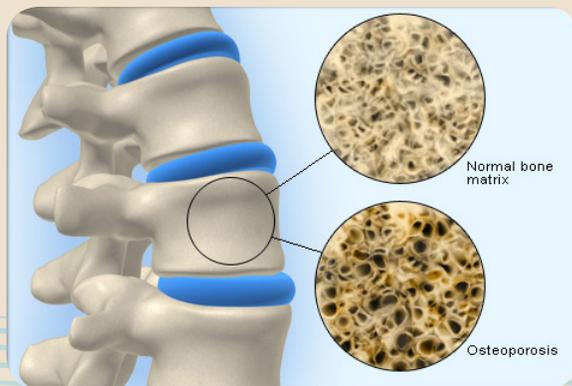
OSTEOPOROSIS

A musculoskeletal disorder with bone changes, both quantity AND quality, in which bones may become fragile and can more easily fracture

- Osteoporosis affects all populations including women, men, young adults, and the elderly
- 60% of persons age 60+ (both men and women) are affected
- Risk for hip fracture is 2-3x higher in women than men

Symptoms:

- Loss of body height over time
- Back pain
- A stooped posture
- Bone that breaks more easily than expected



TESTING FOR OSTEOPOROSIS

Gold Standard Test

- DEXA Scan

Who should get one?

- Men over the age of 70 with no other risk factors
- Women over the age of 65 with no other risk factors

Know your T-score

- 0 to -1..... Normal Bone
- -1 to -2.4..... Osteopenia
- -2.5 & Below.... Osteoporosis
- Below -2.5 with fracture... Severe osteoporosis

After one vertebral fracture, the risk for having a 2nd vertebral fracture increases 5-fold



EXERCISE & OSTEOPOROSIS

Through education, rehabilitation, exercise, and emotional support, we strive to empower our patients diagnosed with osteoporosis to maintain and improve their quality of life. Screening, education, and treatment on special topics such as emotional well-being and fall risk may be included. The emphasis is on using movement as medicine for prevention of an individual's first fracture or prevention of future fractures then progressing to a safe and effective independent program.

IS THIS PROGRAM FOR ME?

- Do you have a diagnosis of osteopenia or osteoporosis?
- Are you hesitant to continue with activities of daily living or your normal exercise program for fear of injury?
- Do you want to boost your current fitness program to improve bone health?
- Do you require the use of your hands to get out of a chair or have difficulty getting up off the floor?
- Have you fallen or lost your balance within the last 3 months?
- Have you had a recent fracture?

If you answered yes to TWO or MORE of these questions, this program is right for you. Ask your provider for a referral today!

