

Occupational Therapy Toolkit

Osteoporosis

Functional Limitations:

ADL, IADL, work and leisure impairment
Functional mobility impairment
Impaired posture
Limited activity tolerance and endurance
Pain
Impaired balance due to posture deficits
Environmental barriers
Knowledge deficit
Risk for fractures (wrist, vertebral, hip)
Fall risk

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...
Recommend and/or provide adaptive equipment and alternative methods to minimize spinal flexion and trunk rotation

Apply energy conservation, posture and body mechanics during tasks

Reinforce dietary instructions to increase calcium and vitamin D intake and protein during kitchen management tasks

Functional mobility training.

Train in proper transfer techniques and bed mobility skills as they relate to ADL and IADL tasks

Train in proper body mechanics and posture

Instruct in safe walker use and transporting items (walker bag or tray)

Provide light resistive UE activities and exercises to improve strength and endurance

Provide functional balance activities to increase balance confidence during ADL's

Instruct in pain management techniques

Teach stress management and relaxation techniques

Coordinate medication peak with exercise and activity

Educate in use of superficial heat and cold

Positioning support devices for proper posture (back supports, pillows)

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Educate regarding falls risk and prevention strategies
Recommend hip protectors

Assess home safety and functional safety and provide environmental modifications and adaptations

Patient Education:

1. Upper Body Strengthening and Stretching Exercises
2. Upper Body Strengthening Activities
3. Hand Strengthening Exercises
4. Superficial Heat
5. Superficial Cold
6. Proper Posture
7. Body Mechanics
8. Energy Conservation Principles
9. Energy Conservation with Self Care Activities
10. Energy Conservation with Meal and Home Management
11. Stress Management and Relaxation Techniques
12. Falls Risks Assessment and Prevention Strategies
13. Home Safety and Functional Safety Assessment