

Occupational Therapy Toolkit

Vertebral Compression Fractures

Functional Limitations:

ADL, IADL, work and leisure impairment
Functional mobility impairment
Impaired posture (kyphosis)
Limited activity tolerance and endurance
Pain
Impaired balance due to posture deficits
Environmental barriers
Fall risk
Other symptoms and conditions - osteoporosis

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...

Train to don and doff back support brace

Apply energy conservation, posture and body mechanics during tasks

Avoid spinal flexion and trunk rotation by using adaptive equipment

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)

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)

Educate regarding falls risk and prevention strategies

Recommend hip protectors

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Provide functional balance activities to increase balance confidence with ADL tasks

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

Patient Education:

1. Superficial Heat
2. Superficial Cold
3. Proper Posture
4. Body Mechanics
5. Using Your Walker Safely
6. Energy Conservation Principles
7. Energy Conservation with Self Care Activities
8. Energy Conservation with Meal and Home Management
9. Stress Management and Relaxation Techniques
10. Falls Risks Assessment and Prevention Strategies
11. Home Safety and Functional Safety Assessment