

PHYSICIAN REFERRAL

PATIENT'S NAME:

DIAGNOSIS:

PRECAUTIONS:

- Evaluate and Treat
 Osteoporosis Rehab. Program
(Eval., education, balance, ex., etc.)
 Exercise Program (i.e. home, gym)
 Post-fracture Rehab.
 Therapeutic Exercise
 Functional Conditioning
 Modalities
 Other: _____

COMMENTS: _____

Frequency: _____ times per week for
_____ weeks

Signature: _____
(Physician signature)

Date: _____

Referrals are accepted from any physician. A physician's order and diagnosis are required for evaluation and treatment. We accept most insurance including Medicare.

Our mission at Delta Physical Therapy is to insure a timely and thorough evaluation followed by effective/comprehensive treatment in coordination with your physician to regain full pain-free function.

3 Convenient Locations:

1067 C Street, Suite 110
Galt, CA 95632
Ph: 745-5802
Fax: 745-5574

6735 Herndon Place, Suite A
Stockton, CA 95219
Ph: 952-0470
Fax: 952-0472

2401 West Turner Road, Suite 250
Lodi, CA 95242
Ph: 334-2224
Fax: 334-2225

Delta
Physical Therapy

Osteoporosis Rehabilitation Program

Treatment & Prevention

What is Osteoporosis?

Osteoporosis is a silent and potentially disabling disease that is characterized by a decrease in bone mineral density. Osteoporosis weakens bones, making them more fragile and increases the risk of fracture. Other problems associated with osteoporosis include loss of height, spinal curvature, difficulty moving and decline in functional abilities.

Osteoporosis is a preventable disease and should not be considered an inevitable consequence of aging

Consider the Facts:

- Osteoporosis affects women more than men due to a decline in estrogen levels. Women lose more bone mass than men, however men lose about 1% of bone mass per year after age 55-60.
- Risk factors for osteoporosis include: menopause, low calcium and vitamin D intake, cigarette smoking, thin body, Caucasians and Asian females, and a sedentary lifestyle.
- Osteoporosis is a "silent" disease detected through specialized bone density testing which must be ordered by your physician.
- Persons with certain diseases, including rheumatoid arthritis and persons taking some medications such as prednisone on a long term basis are at risk.

- 1.5 million fractures occur annually in the U.S. as a result of osteoporosis. It is estimated that 50% of people with hip, wrist and spinal fractures will not regain the quality of life that they had before

Solving The Problem

Your physician can determine your level of risk for fracture and regulate medication and hormone levels. Delta Physical Therapy has developed a multi-faceted approach including physical therapists and exercise physiologists to aid in the prevention, management and treatment of all stages of osteoporosis. Our therapists will prescribe the appropriate exercise to help increase bone density and promote postural correction. Knowledge of home safety and fall prevention, as well as patient education and body mechanics instruction to maintain the highest level of function and independence, are also key components of each individual program.

Am I at Risk?

Many women feel that osteoporosis won't affect them, since they exercise, get enough calcium and have no symptoms. If you are post menopausal and at least 50 years old, completing this questionnaire may help.

1. What is your current age?

Take the number in the shaded area and multiply by 3.

Enter here _____

2. What is your race/ethnic group?

African-American/Black American . . . Enter 0 _____

Caucasian-Hispanic-Asian Enter 5 _____

Native American/American Indian
or other Enter 5 _____

3. Have you ever been treated for or told you have rheumatoid arthritis?

____ Yes ____ No If yes, Enter 4 _____

4. Since the age of 45, have you experienced a fracture (broken bone) at any of the following sites?

Hip: ____ Yes ____ No If yes, Enter 4 _____

Rib: ____ Yes ____ No If yes, Enter 4 _____

Wrist ____ Yes ____ No If yes, Enter 4 _____

5. Do you currently take or have ever taken estrogen? (i.e. Premarin, Estrace, Estraderm)

____ Yes ____ No If no, Enter 1 _____

Add scores from questions 1-5 Subtotal _____

6. What is your current weight in pounds?

Take the numbers in the shaded boxes from question 6 and subtract from the subtotal. _____

Final Score _____

If your final score is 6 or greater, you should be evaluated further for osteoporosis. Please consult with your physician.