

## PHYSICIAN REFERRAL

PATIENT'S NAME: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_

PRECAUTIONS: \_\_\_\_\_

- \_\_\_\_ Evaluate and Treat  
\_\_\_\_ Exercise Program (i.e. home, gym)  
\_\_\_\_ Functional Conditioning  
\_\_\_\_ Therapeutic Exercise  
\_\_\_\_ Balance Training  
\_\_\_\_ Aquatic Therapy (Hanford only)  
\_\_\_\_ Modalities  
\_\_\_\_ Other \_\_\_\_\_

COMMENTS: \_\_\_\_\_

Frequency: \_\_\_\_ x per week for \_\_\_\_ weeks

Signature: \_\_\_\_\_

(Physician signature)

Date: \_\_\_\_\_

### SAME DAY APPOINTMENTS AVAILABLE

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

**Bacci & Glinn Physical Therapy, Inc.**  
Hanford: 559-582-1027  
Visalia: 559-733-2478



For more information on this and other topics, visit our website at:  
[www.bandgpt.com](http://www.bandgpt.com)

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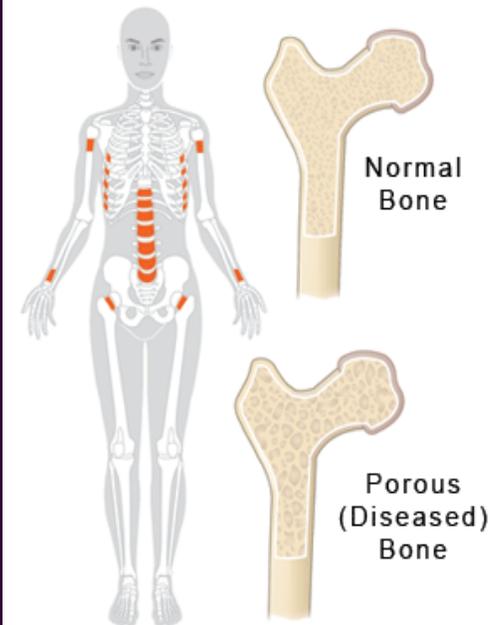
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## OSTEOPOROSIS REHABILITATION

### BACCI & GLINN PHYSICAL THERAPY, INC.

*"Therapy with a Difference"*



# Osteoporosis Rehabilitation

**Osteoporosis** or “porous bone,” is a disease in which bones become fragile and are more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks.

Osteoporosis is a major public health concern for an estimated 44 million Americans. In the U.S. today, 10 million individuals are estimated to already have the disease and almost 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis.

## Prevention

By age 20, the average woman has acquired 98% of her skeletal mass. Building strong bones during childhood and adolescence is important in the prevention of osteoporosis later in life. The following recommendations can optimize bone health and help prevent osteoporosis:

- ◆ A balanced diet rich in calcium and vitamin D.
- ◆ Weight-bearing exercise.
- ◆ A healthy lifestyle with no smoking or excessive alcohol intake.
- ◆ Appropriate testing and prescription medication.

## Risk Factors

- ◆ Personal history of fracture after age 50 or history of fracture in a 1° relative
- ◆ Current low bone mass
- ◆ Being female
- ◆ Being thin and/or having a small frame
- ◆ Advanced age
- ◆ A family history of osteoporosis
- ◆ Estrogen deficiency
- ◆ Abnormal absence of menstrual periods
- ◆ Anorexia nervosa
- ◆ Low lifetime calcium intake
- ◆ Vitamin D deficiency
- ◆ Use of certain medications (corticosteroids, chemotherapy, anticonvulsants and others)
- ◆ Presence of certain chronic medical conditions
- ◆ Low testosterone levels in men
- ◆ Lifestyle factors such as inactivity, current cigarette smoking, or excessive use of alcohol
- ◆ Being Caucasian or Asian, although African Americans and Hispanic Americans are at significant risk as well

## Signs and Symptoms

There are no symptoms associated with bone loss, so osteoporosis is often described as a “silent disease.” Many people do not know they have osteoporosis until their bones are so weak that a bump, strain or fall causes a bone to break or a vertebrae to collapse.

## Physical Therapy is Important

With physical therapy you will experience the following:

- ◆ A personalized posture/body mechanics program, weight-bearing and resistance exercise program
- ◆ Education regarding Osteoporosis, proper nutrition, and calcium and Vitamin D intake recommendations
- ◆ Information regarding risk factors
- ◆ Fall prevention education, including home safety
- ◆ Lifestyle modification recommendations
- ◆ If you’ve sustained a fracture, physical therapy will include post-fracture rehabilitation

At Bacci & Glinn Physical Therapy, we emphasize active patient involvement in both pain management and rehabilitation. Physical therapy is an essential component in the delivery of quality healthcare. The goal of physical therapy is to enhance and maximize our patients’ health, function and quality of life.