

BONE DENSITY CARE PLAN

PT-092 Osteoporosis Protocol

Patient Name:

Date:

EXERCISE CATEGORY	FREQUENCY	SETS/REPS	COMPLIANCE (S/M/T/W/T/F/S)
Weight Bearing: Brisk Walking	Daily / 30m	1 Session	Low Impact Focus
Resistance: Squats / Wall Sits	3x Weekly	2 Sets x 12	Focus on neutral spine
Balance: Single Leg Stance	Daily	3 x 30 Sec	Keep hand near wall
Posture: Scapular Retraction	Daily	15 Reps	Chest opening focus
Extensors: Prone Back Extension	2x Weekly	10 Reps	Avoid spinal flexion

THERAPIST RECOMMENDATIONS

Important: Avoid forward bending (flexion) and deep twisting. Move with a tall, straight spine.