

No Bones About It

A Quarterly Patient Newsletter from Orthopaedic Surgery Associates of Marquette, P.C.

Weight-bearing Exercise, Balance & Strength Training

Preventing Falls and Their Impact

By Cathy Ruprecht, PT

Osteoporosis was the topic of last month's newsletter written by Victoria Asmus, PA-C. In the article, weight-bearing exercise, balance and strength training were listed as ways to reduce your risk of fracture with osteoporosis. By participating in weight bearing, strengthening and balance exercises, risk of falls can be reduced and if a fall should occur, there may be less serious consequences.

Weight-bearing exercise can include non-jumping activities like walking, hiking, dancing, low-impact aerobics, stair stepping or elliptical machines, and step aerobic classes if performed without jumping. Jogging and jumping rope would be more strenuous weight bearing activities. Strength training can be as simple as lifting cans of soup at home or using rubber bands, free weights or machines.

Like muscle, bone operates on a "use it or lose it" system. If you were on bed rest, you could lose up to one-percent of your bone mass each week. The stronger the bones are to start, the more bone you would have in the bone bank in the event of a serious illness or injury. Muscles surround bones and in the event of a fall can offer protection to the bones. Weight-bearing exercise stimulates the bones to remind them to stay strong, especially the long shafts of the legs and hips. Strengthening exercise benefits the bones by creating a pull on the muscles stimulating strengthening at the attachment of the muscle to the bone.

Knowing the state of your bone health through dexascan and your overall level of health and fitness will determine which type of exercise is right for you. Consulting with your physician and physical therapist will help determine exercise recommendations.

General guidelines for strengthening would be 1-2 sets of 8-10 repetitions performed 2-3 times per week with a day or two of rest between exercise sessions. Weight-bearing exercise is also considered aerobic exercise. In addition to strengthening the bones, weight-bearing exercise also benefit the heart and lungs. Weight-bearing exercise from continuous movement of the legs in a rhythmical fashion for a period of 20-30 minutes per day can also be performed in three separate 10 minute sessions, accumulating to a total of 30 minutes per day.

Exercises to avoid if you have been diagnosed with osteoporosis include jumping; jogging; rapid, jerky movements; rowing machines; and abdominal machines, as these activities can put too much pressure onto the bones and could lead to fracture. Activities causing spinal flexion or "C" shape curvature of the spine such as bending to touch your toes, sitting with slouched posture, crunches, sit-ups and some yoga poses would also not be recommended.

Additional information can be found at the National Osteoporosis Foundation at NOF.ORG or by phoning 1-800-231-4222. Feel free to call our office to speak to a physical therapist at 906-225-1321.

Please consult with your physician before beginning an exercise program.

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About Your Condition & Procedure

Patient Education Resource Now Available

Interested in finding out more about a specific orthopaedic condition or procedure? Check out the "About Your Condition & Procedure" link at our website at www.UpBoneDoctors.com. There you will find comprehensive and interactive educational materials to inform you about a variety of conditions along with the associated treatment options. The animated videos will provide you with in-depth, yet easy to understand, information.

The ViewMedica™ Patient Education Library contains valuable information regarding both Orthopaedic and Pain Management conditions and various procedures. The Orthopaedic link includes information on areas such as Elbow; Foot & Ankle; Hand; Hip; Knee; Shoulder; and Spine. The Pain Management link includes information on areas such as General Body; Head, Neck & Spine; Shoulder; and Hip, Leg & Knee.

Viewers have the option of playing animated videos depicting the topic selected, with or without narration. There is also the option to print an information brochure on the topic selected. Both the videos and brochures are available in English or Spanish. Simple navigation instructions are provided at the website.

IMPORTANT: The information provided at the website should not be used in place of a consultation or examination with a qualified medical professional or replace medical professional advice. Also, it should not be relied upon for self-diagnosis or course of treatment. In addition, your treatment plan and/or procedure may vary from those depicted in the animations based on your specific medical needs. You are always more than welcome to contact our office at 906-228-1321 if you have any questions or concerns regarding any orthopaedic conditions or treatment.

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at our website at

www.UpBoneDoctors.com

Just click on the *Patient Newsletter* link on the Homepage

(Adobe Acrobat™ software required)

Business Corner

Important Information Required for Faster Claims Processing & Payment

There are a variety of key informational items that, when inaccurate, missing, or unknown can cause delays in processing your medical claims and subsequent payment. Below is a short list of items we need from you to help us process your claim.

- Any changes to your name, address, phone number, employer, insurance company, or insurance status.
- Up-to-date insurance cards at check-in. Discard your old insurance cards.
- Your date of injury (if applicable).
- For motor vehicle accidents, your insurance company and claim adjustor's name, and who will be paying your bills, your health insurance or auto insurance.
- For Workers Compensation claims, we need to know that you filed your claim with your employer and inform us at check-in that you are here for treatment under a Worker's Compensation claim.
- Your benefit coverage, referral requirements and/or pre-authorization for treatment requirements under your insurance plan.
- Whether we are an "approved" supplier of durable medical equipment (bracing) under your insurance plan.

By providing accurate, up-to-date information, we can ensure a "clean" claim is submitted and reduce the need for refiling. We truly appreciate your help.