

# BONE HEALTH

## Fracture risk is:

Risk of falls  
+ Bone density  
+ Force of fall

**A fragility fracture is:**  
one from low impact trauma e.g. falling  
from standing height: the commonest  
are wrist, vertebral and hip

**Only 30% of people with  
hip fractures fully recover**  
50% have permanent disability  
20% mortality at one year

## Early interventions prevent fragility fractures

Exercise

Lifestyle changes

Assess need for medication

## Exercise Helps!

- Bone loading exercises cause bone mass to plateau or can increase by 1%
- Improves balance and decreases falls risk

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healthcare professionals working with older adults

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