Bone Health SIG 2017 Annual Business Meeting Minutes

CSM San Antonio, Feb 16, 2017

I. Welcome and Introductions
   Chair: Sherri Betz, PT, GCS, CEEAA, PMA®-CPT called meeting to order.
   Attendees:

II. Approval of Minutes Feb 18, 2016 Business Meeting at CSM Indianapolis

III. Reports/Old Business:

   A. Chair Report

   1. Organization

      a. Elections: Officer Terms
         Chair: Sherri Betz, 1 year term (Feb 2017-Feb 2018)
         Vice-Chair: Lisa Hamilton, 3 year term (Feb 2016-Feb 2019)
         Secretary: Ginny Renegar, 2 year term, (Feb 2016-Feb 2018)
         Nominating Committee (2): Amy Wagnor, Gwen Dani 2 year terms,
         (Feb 2016-2018)

      b. Budget: Any Questions from the Report?

      c. 2016 Highlights from Annual Report/Agenda:

         NOF and Pilates Anytime partnered to film “Boning Up” video series with spine-sparing and bone-safe
         strategies for performing ADL’s. Dr. Mary Oates, MD, founder of NOF’s Fracture Liaison Service
         introduced the video series. Both NOF and Pilates Anytime are hosting the video series on their own
         separate platforms. You can find links to the series at www.geriatricspt.org on the BHSIG web page.

         The Osteoporosis Canada video patient vignettes are excellent! You can also find these links on the
         BHSIG page.

         The AGPT Board has supported the creation of a Bone-Safe YOGA pre-con for CSM 2018, with Dr.
         Mathew Taylor, PT, PhD, C-IAYT and former president of the International Association of Yoga
         Therapists (IAYT). A budget has been submitted and the AGPT BoD will vote to approve this week.

         BHSIG Reps, Carleen Lindsey and Sherri Betz are still working with Keith Avin, Greg Hartley, Kathy
         Roach, Bob Nithman and Kim Fuchs on the Clinical Practice Guidelines (CPG) for osteoporosis. The
         literature review has been completed and the review of the specific CPG’s relating to osteoporosis is now
         being conducted by the group. We will need help from additional volunteers in 1-2 years for this 3-5 year
         project.

         Evan Prost and Wendy Katzman had comments and questions about Australian LIFTMOR trial by
         principal investigator, (Belinda Beck). He stated that the form of the participants as shown on News
         coverage was very poorly controlled especially in stabilizing their thoracic kyphosis curve. Sherri
         showed the videos to the group so that we could get a group consensus about our concerns. Also, Sherri
         has a blog post on the Australian study with commentary at https://therapiptlates.wordpress.com/

         Evan Prost also suggested connecting with the administration of some of the national organizations for
         exercise programs such as Silver Sneakers to see if we could work with them to encourage safe
         movement for older adults with osteoporosis.
CSM 2018 Speaker ideas?

Belinda Beck-Liftmor Trial, Matthew Taylor-Yoga for Bone Health, Kim Fuchs-Femoral Neck Targeted Exercises, Donald Lein-Posture and Screening for Osteoporosis

Sherri Betz and Matthew Taylor are going to New Mexico in Aug 2017 to present at Santa Fe Bone Health Symposium

Dr. Mike Lewiecki, program chair of the NOF Clinical Osteoporosis Conference invited them to present safe “Yoga and Pilates Practices-What does the physician need to know?” His wife, Maura practices yoga and handles conference organization and has been pushing for more education on safe yoga and exercise programs. They attended the morning yoga sessions at the NPF conference last year.

American Bone Health www.americanbonehealth.org has a very active consumer outreach program and always needs speakers and volunteers for the following events:

July 8, 2017: Freedom from Fractures: To reduce the number of fractures, American Bone Health has proclaimed the 2nd Saturday in July as a national fracture risk screening day. We are determined to raise awareness about the risk of fractures and help people keep their bones strong for life.

- [https://americanbonehealth.org/events/5th-annual-freedom-from-fractures/](https://americanbonehealth.org/events/5th-annual-freedom-from-fractures/)
- [ASBMR Denver Sept 6th: Bone Health Fair](https://americanbonehealth.org/events/3rd-annual-stepping-out-strong/)
- Stepping out Strong is Sept 23 American Bone Health does balance screenings and shows people simple exercises to improve their strength and prevent falls.

Shelley Powers is in charge of volunteers for American Bone Health and organizes the online and tele-training for all volunteers. You can contact her at shelleypow@yahoo.com to get involved and become an expert speaker.

Please let Sherri Betz know if you are teaching or know of a safe bone class—goal is to have info for consumers across the nation be able to find a bone-safe exercise class in their community. View the Bone-Safe Practitioner Map here: [http://www.therapilates.com/links.html](http://www.therapilates.com/links.html)

Priscilla Raasch-Mason-is doing a program for the YMCA water aerobics for posture & strengthening, etc. She is working to develop a strategy for nationwide programming for the YMCA.

Vickie Keller—suggested working with county extension Area Agencies on Aging in your local community. They provide funding for evidence-based older adult exercise programs.

Barbara Helgesson works with the Strong Seniors Program in Wisconsin.

Andrew Briggs now working on thoracic spine pain

Fuchs and Warden have new publications below

Lots of Osteoporosis Resources on [www.MedBridgeEducation.com](http://www.MedBridgeEducation.com)

Find out if you have a state osteoporosis foundation and get involved.

Present at your State PT Conference on Exercise for Bone Health-we will help you!

Good, Weird and Depressing Research!


Meeting Minutes from 2016 approved. Motion-Wendy Katzman, seconded Kathy Shipp.

Meeting adjourned at 7:45am

Respectfully Submitted,
Ginny Renegar, Secretary
Bone Health SIG