Bone Health SIG 2018 Annual Business Meeting Minutes

CSM New Orleans, Feb 24, 2018

I. Welcome and Introductions

Chair: Sherri Betz, called meeting to order at 1:05pm

I. Approval of Minutes Feb 16, 2017 Business Meeting at CSM San Antonio, TX

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 2020)
      Nominating Committee (2): Amy Wagner, Gwen Dani 2 year terms, (Feb 2017-2019)

      Andi Morgenthaler, PT, DPT, CEEAA was nominated for vice-chair or secretary for election at the 2019 meeting. Carleen Lindsey would like to run for Nominating or Practice Committee.

B. There were no questions about the budget.

I. CSM 2019 BHSIG Programming Speaker ideas: (Deadline for proposals: March 21, 2019)

1. Carleen Lindsey is willing to present a precon class to instruct us in the method to measure kyphosis using the flexicurve.


3. Belinda Beck: LiftMor trial
4. Ivan Bautmans- manual therapy for kyphosis
5. Gail Greendale- yoga intervention to reduce kyphosis
6. Priscilla Raasch-Mason suggested inviting the presenters from CSM 2018 Optimizing Bone Health in Athletes: A Critical Challenge
   Mark F. Reinking, PT, PhD, SCS, ATC
   Jason E. Bennett, PT, PhD, SCS, ATC: who spoke on Mechanobiological Considerations for Improving Bone Health
   Tricia Austin, PT, PhD, ATC: who spoke on The Female Athlete and Bone Health Considerations

C. Member activities

Priscilla Raasch-Mason-- is working on developing programs at her local YMCA. One program was called “Know your Numbers” and included information on different test results including: Waist to Hip Ratio, Tand Z scores, Pulse, BP-etc. She is also teaching pool classes and incorporates balance by standing on unstable surfaces in the pool. Planning to transition to land classes. This Y also has a Lift Strong program, and a Diabetes prevention program.

Carleen Lindsey is planning to update her kypholordisis DVD, it is currently sold out on the AGPT Store. Carleen is willing to present a preconference class along with Nancey Bookstein to learn the flexicurve method for measuring kyphosis in the morning session and exercise interventions in the afternoon session.

Ginny Renegar--working on getting an osteoporosis program started at the hospital and outpatient clinic at Ohio Valley Hospital in a suburb of Pittsburgh, PA. Continued updating her certification in Therapeutic Pilates from Stott Pilates and YUR Back pilates (PHI Pilates) for people with back issues.

Andi Morgenthaler—starting Pilates and PT in people’s homes and teaching at a Pilates Studio focusing on bone health as an independent “semi retired” therapist.

Kathy Brewer--working on implementing a Fracture Liaison Service (FLS) at the Mayo Clinic and Hospital in Phoenix, AZ. National template from National Bone Health Alliance and Osteoporosis Canada. NOF also has info on becoming FLS trained. Kathy thinks the liaison needs to be a CRNP due to ability to write orders. Fracture Liaison Service triggers on fractures from ED, radiology, etc. To follow up from DEXA, provide...
appropriate intervention for fracture prevention, treatment and education.

Sherri will find out who can be a fracture liaison coordinator, due to the interest of a member who would like to fill that role.

New “Do It Right and Prevent Fractures” fracture prevention booklets from ABH will be mailed to SIG members that provided their address today.

Sherri reported on progress for clinical practice guidelines for osteoporosis. She and Carleen Lindsey are on the APTA/AGPT committee for this project and recently reviewed "Too Fit To Fracture: exercise recommendations for individuals with osteoporosis or osteoporotic vertebral fracture." *Osteoporos Int* 25(3): 821-835. Link to this article to be posted on AGPT BHSIG Webpage.

Updates needed on web page. Ginny Renegar volunteered to help with that. A web based resource guide and Pocket guide needs to be developed.

Review of education links on website.

There were questions and confusion regarding the Silver Sneakers Program, which is an exercise program offered at many fitness centers. It is available through a Medicare Advantage add on plan. For gyms to offer silver sneakers, they must have 2 classes a week, and there are several different types of classes. Sherri has taken the training to see what it is all about, and is partnering with a director at the Bay area Silver Sneakers to improve instructor education for osteoporosis. Sherri has written an article about her experiences, which will hopefully appear in Gerinotes soon!

We collected the members addresses who were present for the meeting for Kathleen Cody, Executive Director of American Bone Health, to snail mail the ABH: “Do It Right and Prevent Fractures” Booklets (since they did not arrive with the new AGPT Logo in time to distribute at the meeting.)

Meeting Adjourned 2:15

 Submitted by,

Ginny Renegar, Secretary