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Sweat out your rickety bone: Using FITT module in exercise prescription for patient with osteoporosis

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Osteoporosis is defined as a skeletal disorder characterized by compromised bone strength predisposing a person to an increased risk of fracture. With only one study available on hip fracture in Malaysia in 1997, the incidence of osteoporosis remains under-diagnosed and under-treated. The incidence rate was about 140 per 100,000 for females and 65 per 100,000 for males making it as twice common in females compared to males. The average hospital costs for a hip fracture event are estimated to be 6,000 USD, and in the public sector the patient would be responsible for approximately half of this cost. In general, patients remain in hospital for about 7 days. As estrogen level is a key factor that determines the health of the skeleton, other factors play a role in maintaining bone health. Among those factors are the physical activity and nutrition. Physical activity plays a prominent role in primary and secondary prevention of osteoporosis. Physical activity may reduce the risk of osteoporotic fractures by enhancing the Bone Marrow Density (BMD) during growth and by slowing the bone loss with aging. Physical activity can play indirect role in reducing the risk of falls by muscle strengthening and balancing. This topic will shed light on exercise prescription for osteoporosis using FITT principle. Weight-bearing aerobic activities are recommended together with other activities that involve jumping and resistance exercise.

Biography

Ayman Al-Bedri is a pioneer Trainer and a Board Member in Exercise Is Medicine Malaysia (EIMM). His advanced training in Family Medicine gave him the opportunity to deal directly with chronic disease patients offering them exercise prescription. He assisted in training many general practitioners, physiotherapists and exercise professionals during the process of acquiring their EIMM certificates. Currently, he is heading the Exercise Prescription Clinic in the National University of Malaysia Medical Center.

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