

PHYSICAL MODALITIES IN MANAGEMENT OF OSTEOPOROSIS

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Introduction: Osteoporosis is a common chronic systemic skeletal disease with costly complications. The treatment for these patients requires team approach and use of medication, dietary supplements, life style changes, regular performance of special exercises program and use of physical modalities.

Purpose: The purpose of this study is to demonstrate the possibilities and effectiveness of applying physical therapy modalities in patients with osteoporosis.

Material and methods: This presentation is a review of the current scientific literature, and results of experimental and clinical studies. There are published results in experimental studies about the effectiveness of pulsed electromagnetic fields (PEMF) and low level laser therapy on osteoblasts cells. There are also clinical study results about the effectiveness of low-frequency PEMF, interferential currents, horizontal therapy, ultraviolet B rays, and whole body vibration therapy in treatment of patients with osteoporosis. Physical modalities may contribute in stimulation of the osteoblasts activity and improve the bone mineral density, relieve pain and improve quality of life.

Conclusion: In the non-pharmacological therapy despite regular exercises, physical modalities may take an important role in the treatment of patients with osteoporosis. Further clinical studies will be required to support the current findings.