Case-finding
- patient being treated for other problem
- advice from family physician

referral
presenting problem is osteoporosis-related

no referral (direct access)
- serious pathology?
- recommend contact with family physician

increased risk of osteoporosis

yes

increased risk of falling

other complaints, e.g. pain and immobility

abnormal body posture

no

increased risk of osteoporosis without increased risk of falling

• maintain and increase bone mass
• consider referral to exercise program for osteoporosis

increased risk of osteoporosis with increased risk of falling

• reduce risk of falling
• consider falls guideline

increased risk of osteoporosis with increased risk of falling and with clear co-morbidity; the co-morbidity may be the leading disorder

improve body posture

practice functions / activities with osteogenic stimulus, at the right intensity

practice functions / activities aimed at individual risk factors for falling

practice functions / activities aimed at thoracic spine extension, mobility, muscle strength and endurance

• education
• information and advice

• evaluation and conclusion of treatment
• reporting

not to be treated according to KNGF Guideline on Osteoporosis

the complete guideline is available from www.kngfrichtlijnen.nl © KNGF