

**Disorders of the Musculoskeletal System with Considerations for  
the Physical Therapist:  
Osteoporosis, Osteomalacia, & Paget's Disease**

**Course Description:**

This course is designed to provide the Physical Therapist and Physical Therapist Assistant with information on metabolic disorders of bone specific to osteoporosis, osteomalacia and Paget's disease. Topics for each area include definition and overview, incidence, etiological factors, risk factors, pathogenesis, clinical manifestations, and medical management. Therapists play a vital role in the reduction of disability related to complications of metabolic bone disease. A better understanding of these diseases will allow therapists to safely and effectively provide treatment for this group of patients.

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**Course Objectives:**

- A. Related to osteoporosis, course participants will be able to:**
1. Define osteoporosis
  2. Describe incidence of osteoporosis
  3. Describe etiologic factors associated with osteoporosis
  4. Describe risk factors and conditions associated with osteoporosis including
    - a. Hormonal status
    - b. Heredity/genetics
    - c. Ethnicity
    - d. Physical Inactivity
    - e. Tobacco
    - f. Alcohol
    - g. Medications
    - h. Diet and nutrition
    - i. Depression
  5. Understand the pathogenesis associated with osteoporosis
  6. Describe clinical manifestations of osteoporosis
  7. Describe medical management for osteoporosis
  8. Describe special implications for the therapist as related to PT Preferred Practice Patterns for osteoporosis

**B. Related to osteomalacia, course participants will be able to:**

1. Define osteomalacia
2. Describe etiologic factors associated with osteomalacia
3. Describe incidence and risk factors associated with osteomalacia
4. Understand the pathogenesis of osteomalacia
5. Describe clinical manifestations of osteomalacia
6. Describe diagnosis and treatment of osteomalacia
7. Describe special implications for the therapist with regards to PT Preferred Practice Patterns for osteomalacia

**C. Related to Paget's disease, the course participant will be able to:**

1. Define Paget's disease
2. Describe incidence and etiological factors for Paget's disease
3. Understand pathogenesis for Paget's disease
4. Describe clinical manifestations of Paget's disease
5. Describe diagnosis, treatment and prognosis for Paget's disease
6. Describe implication for the therapist treating Paget's disease with regards to PT Preferred Practice Patterns

**CEU Approvals:**

For information on specific state approval of this course, refer to PT On-Line Courses "About State Approvals" page.