



## DIRECTOR'S NOTES

The Center for Metabolic Bone Disease continues to be actively engaged in exciting activities across the research, clinical and education components. An application for a Specialized Center or Research was submitted in March to NIH. The research focus of this proposed center will be glucocorticoid-induced osteoporosis. In addition, along with the Multipurpose Arthritis and Musculoskeletal Disease Center, the Dean's Advisory Committee for Patient-Oriented Research, the school of Dentistry and the School of Engineering, we plan to submit an application this summer to establish an infrastructure (Core Center) for musculoskeletal disease focusing on osteoporosis.

The CMBD faculty was active cosponsoring and participating with the Alabama State Department of Public Health in planning and conducting a statewide osteoporosis conference on April 13, 1998. The purpose of the conference was to establish an osteoporosis health agenda for Alabama, which should be announced later this year.

The Osteoporosis Prevention and Treatment Clinic continues to make progress under the directorship of Sarah L. Morgan, M.D., M.S., R.D., F.A.C.P. Described below is an exciting and unique clinic multidisciplinary program for comprehensive graded physical rehabilitation of the osteoporotic patient, which was funded by the HSF/GEF grant program.

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## REHABILITATION OSTEOPOROTIC PATIENTS

In July 1997, Drs. Karin Straaton, Amy Jackson, Marilyn Gossman and Sarah Morgan were awarded an HSF General Endowment Grant entitled "Physical Rehabilitation of the Osteoporotic Patient." The UAB Osteoporosis Prevention and Treatment Clinic is the first rehabilitation clinic for osteoporotic patients to be developed in Alabama and one of only three known clinics in the country. The physical rehabilitation of the osteoporotic patient involves developing a unique, graded physical rehabilitation program to increase and/or preserve bone mass in patients with or at risk of osteoporosis.

During the initial clinic visit, the patients will attend an education class to learn more about osteoporosis. A physical therapist will give advice on how to safeguard a house against falls and the proper exercise to improve balance, strength, flexibility, posture, aerobic capacity and pain control. Each new patient will also receive a physical therapy screening to evaluate strength, flexibility, posture, and spinal position during activities of daily living. At this time, the patient, doctor, and a physical therapist will determine whether a referral for further evaluation and treatment is needed. Depending upon the availability of the physical therapist, this procedure could be started the same day as the clinic visit. Patients will have the opportunity to attend an osteoporosis support group where they will be given instruction on neutral spine mechanisms for dynamic and static activities to help minimize the risk of fractures and deformity.

This grant will further link the departments of Physical Medicine and Rehabilitation and the School of Health Related Professions with the Clinic Bone Program and the Center for Metabolic Bone Disease. It will also enhance the recently emaciated clinical

rehabilitation program at The Kirklin Clinic. We want to provide better utilization of existing physical therapy equipment and resources, and to establish and osteoporosis support group for patients and public education.

At the completion of this initiative, a program for physical rehabilitation of the osteoporotic patient will be established. This program will provide the missing facet of the ongoing comprehensive and multidisciplinary capacity of the Osteoporosis Prevention and Treatment Clinic at The Kirklin Clinic. Physical therapy and patient education programs will be developed with physical therapist, Don Lein, and nutritionist-dietitian, Beth Kitchin, as members of the team.

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