

## CME WORKSHOP SUMMARY

# MOVE IT! Preserving hip health and preventing falls in older adults

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### HIP HEALTH

Canadian surgical waitlists are higher than they've ever been. The number of Canadians receiving hip replacement surgery in the benchmark time of 182 days has reduced since 2014. British Columbia reports the second largest decrease among all provinces in the number of patients receiving hip replacements in the benchmark time. These waitlist statistics motivate a discussion for simple and innovative ways to prevent and manage disorders of the hip.

Hip osteoarthritis (OA) is very common. It is estimated that there is a 25% lifetime risk of experiencing symptoms of hip OA in those living to 85 years. Unloader hip brace by Ossur offers an exciting and innovating bracing solution to this common problem by significantly reducing hip drop and internal rotation during walking in a lower profile design.



Hip fractures are a major public health concern. Roughly one-third of individuals in Canada who suffer a hip fracture will die within the next 12 months. According to Osteoporosis Canada, over 80% of all fractures that occur over the age of 50 are caused by osteoporosis. These statistics underline the importance of maintaining bone mineral density into old age.

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### BUILD BONE DENSITY

Exercise is a critical component in the development of bone density as bone responds to increased loading from the external environment by building more bone. A recent consensus statement on the prevention and management of osteoporosis reports there are three different exercises that

individuals should perform through an appropriate risk-defined progression: higher impact activities, progressive resistance activities, and balance activities.

### FALL PREVENTION

While maintaining healthy bone density is important, some researchers feel that the focus on fracture prevention should shift from osteoporosis to preventing the fall itself. Again, an appropriate progression in balance-based exercises like yoga or walking on uneven terrain can play an important role in both preserving bone health and improving balance. Contoured arch supports and firmer soled footwear have also been shown to improve balance in a population over 65 years.



### TREKKING POLES

One of the best ways to both reduce the load on lower body joints and increase the activity of muscle tissue is to use trekking poles. Outcomes from two physiology studies show that pole walking significantly increases the amount of muscle activity and reduces the perceived exertion of this greater effort compared to walking without poles!



**Pole walking significantly increases the amount of muscle activity and reduces the perceived exertion**

### KEY TAKEAWAYS

- 1) Be mindful of novel, lower-profile, and clinically effective bracing options for hip OA.
- 2) Don't underestimate the impact of activity and to be deliberate about the choice of activity for strong bones.
- 3) Consider simple and cost-effective treatments such as footwear and insoles to aid in balance.