Osteoporosis and FRAX
Zoe Paskins Q&A

are patients on inhaled steriods for resp conidtions at the same risk of developing Osteoporosis as patients on oral steroids? Probably not the same, but there is an increased risk with inhaled steroids
could you remind us age limits for Q fracture, pls. 30-99
I am a physio and had a patient with fragility fracture and osteoporosis and told not to bend forwards at all by a consultant - there any evidence on that? Yes, full forward flexion (especially loaded) should be avoided. Please see https://researchonline.gcu.ac.uk/en/publications/adverse-events-and-safety-issues-associated-with-physical-activit and https://bases.org.uk/imgs/final_consensus_statement_strong_steady_and_straight_dec18256.pdf