

Supplemental Digital Content 2. Round 2 Results (n = 25)

History		Essential n (%)	Strongly Recommended n (%)	Recommended n (%)	Neutral n (%)	Not Recommended n (%)	Total Responses n (%)
*	Falls history	24 (96.0)	1 (4.0)	0 (0.0)	0 (0.0)	0 (0.0)	25 (100)
*	Current medications associated with fall risk	22 (88.0)	2 (8.0)	1 (4.0)	0 (0.0)	0 (0.0)	25 (100)
*	Fracture history	22 (88.0)	2 (8.0)	1 (4.0)	0 (0.0)	0 (0.0)	25 (100)
*	Physical activity history (community ambulator, any changes related to pain or fatigue)	21 (84.0)	3 (12.0)	1 (4.0)	0 (0.0)	0 (0.0)	25 (100)
*	Current exercise routine including type, duration, frequency, etc.	21 (84.0)	4 (16.0)	0 (0.0)	0 (0.0)	0 (0.0)	25 (100)
*	Bone-health related comorbidities (auto-immune disorders, medication-dependent depression, cancer, compromised pulmonary health, diabetes, seizure disorders)	20 (80.0)	2 (8.0)	2 (8.0)	1 (4.0)	0 (0.0)	25 (100)
§	Bone-friendly & bone-hazardous medication history	17 (68.0)	6 (24.0)	0 (0.0)	2 (8.0)	0 (0.0)	25 (100)
§	Historical height loss	16 (64.0)	7 (28.0)	2 (8.0)	0 (0.0)	0 (0.0)	25 (100)
§	Results from prior bone mineral density assessments (DXA)	14 (56.0)	8 (32.0)	2 (8.0)	1 (4.0)	0 (0.0)	25 (100)
§	Ergonomic risk factors (living/work situation)	13 (52.0)	11 (44.0)	1 (4.0)	0 (0.0)	0 (0.0)	25 (100)
	FRAX® Risk	11 (44.0)	6 (24.0)	6 (24.0)	2 (8.0)	0 (0.0)	25 (100)
§	Nutrition supplements (e.g., calcium, vitamin D)	11 (44.0)	9 (36.0)	3 (12.0)	2 (8.0)	0 (0.0)	25 (100)
§	Nutrition status/diet (e.g., calcium intake, carbonated beverages)	10 (40.0)	10 (40.0)	5 (20.0)	0 (0.0)	0 (0.0)	25 (100)
§	History of vestibular dysfunction	10 (40.0)	9 (36.0)	4 (16.0)	2 (8.0)	0 (0.0)	25 (100)
§	Results from prior bone-related imaging studies (radiographs, CT)	9 (36.0)	10 (40.0)	4 (16.0)	2 (8.0)	0 (0.0)	25 (100)
	Average time spent sitting each day	8 (32.0)	10 (40.0)	7 (28.0)	0 (0.0)	0 (0.0)	25 (100)
	Absolute fracture risk score	5 (20.0)	9 (36.0)	8 (32.0)	1 (4.0)	0 (0.0)	23 (92.0)
	Family bone-health history	5 (20.0)	9 (36.0)	9 (36.0)	2 (8.0)	0 (0.0)	25 (100)
	Lab Results (e.g., vitamin D levels, CTX, P1NP levels)	4 (16.0)	5 (20.0)	13 (52.0)	1 (4.0)	0 (0.0)	23 (92.0)
	Menstrual history and periods of amenorrhea (for females)	3 (12.0)	7 (28.0)	7 (28.0)	6 (24.0)	0 (0.0)	23 (92.0)
Tests and Measures		Essential n (%)	Strongly Recommended n (%)	Recommended n (%)	Neutral n (%)	Not Recommended n (%)	Total Responses n (%)
*	Dynamic standing balance (e.g., Functional Reach Test, Four Square Step Test)	23 (92.0)	2 (8.0)	0 (0.0)	0 (0.0)	0 (0.0)	25 (100)
*	Balance outcome measures (e.g., BBS, TAT, DGI, BESTest)	22 (88.0)	3 (12.0)	0 (0.0)	0 (0.0)	0 (0.0)	25 (100)
*	Functional lower extremity strength (e.g., 5x sit to stand, 30 second chair rise)	22 (88.0)	2 (8.0)	1 (4.0)	0 (0.0)	0 (0.0)	25 (100)
*	Static standing balance (e.g., single leg stance, 4 stage balance)	19 (76.0)	6 (24.0)	0 (0.0)	0 (0.0)	0 (0.0)	25 (100)
*	Observational gait analysis	19 (76.0)	5 (20.0)	1 (4.0)	0 (0.0)	0 (0.0)	25 (100)
§	Pain (e.g., visual analogue scale, numeric rating scale)	18 (72.0)	6 (24.0)	1 (4.0)	0 (0.0)	0 (0.0)	25 (100)

§	Quantification of thoracic kyphosis (e.g., Flexicurve, inclinometer, tragus or occiput to wall)	17 (68.0)	8 (32.0)	0 (0.0)	0 (0.0)	0 (0.0)	25 (100)
§	Current height and weight	16 (64.0)	5 (20.0)	4 (16.0)	0 (0.0)	0 (0.0)	25 (100)
§	Confidence and mobility scales (e.g., Activities-specific Balance Confidence Scale)	14 (56.0)	10 (40.0)	1 (4.0)	0 (0.0)	0 (0.0)	25 (100)
§	Rib to pelvis distance	13 (52.0)	6 (24.0)	4 (16.0)	1 (4.0)	0 (0.0)	24 (96.0)
§	Dynamic posture testing	12 (48.0)	10 (40.0)	2 (8.0)	0 (0.0)	0 (0.0)	24 (96.0)
§	Lower quarter strength (e.g., manual muscle test, dynamometer)	12 (48.0)	7 (28.0)	3 (12.0)	1 (4.0)	1 (4.0)	24 (96.0)
	Torso strength (e.g., MMT, dynamometer)	12 (48.0)	5 (20.0)	4 (16.0)	0 (0.0)	3 (12.0)	24 (96.0)
§	Trunk range of motion (e.g., active and passive)	10 (40.0)	9 (36.0)	4 (16.0)	1 (4.0)	0 (0.0)	24 (96.0)
§	Relevant upper quarter range of motion/flexibility measurements (patient-specific)	10 (40.0)	11 (44.0)	4 (16.0)	0 (0.0)	0 (0.0)	25 (100)
§	Relevant lower quarter range of motion/flexibility measurements (patient-specific)	10 (40.0)	12 (48.0)	3 (12.0)	0 (0.0)	0 (0.0)	25 (100)
	Grip strength	10 (40.0)	6 (24.0)	6 (24.0)	2 (8.0)	0 (0.0)	24 (96.0)
	Two-joint flexibility (e.g., straight leg raise, Thomas test)	8 (32.0)	7 (28.0)	9 (36.0)	0 (0.0)	0 (0.0)	24 (96.0)
	Upper quarter strength (e.g., manual muscle test, dynamometer)	8 (32.0)	8 (32.0)	6 (24.0)	1 (4.0)	1 (4.0)	24 (96.0)
	Quality of life scales (e.g., ECOS-16)	7 (28.0)	9 (36.0)	6 (24.0)	2 (8.0)	0 (0.0)	24 (96.0)
§	Endurance tests (e.g., 6-minute walk test)	6 (24.0)	12 (48.0)	5 (20.0)	1 (4.0)	0 (0.0)	24 (96.0)
	Spine joint mobility	6 (24.0)	8 (32.0)	5 (20.0)	5 (20.0)	0 (0.0)	24 (96.0)
	Leg length	5 (20.0)	5 (20.0)	7 (28.0)	8 (32.0)	0 (0.0)	25 (100)
	Body region specific functional outcome measures (e.g., ODI, LEFS, QuickDASH)	5 (20.0)	6 (24.0)	12 (48.0)	2 (8.0)	0 (0.0)	25 (100)
	Joint varus/valgus (e.g., hip, knee, rear foot)	4 (16.0)	13 (52.0)	5 (20.0)	3 (12.0)	0 (0.0)	25 (100)
	Timed loaded standing	4 (16.0)	10 (40.0)	5 (20.0)	3 (12.0)	1 (4.0)	23 (92.0)
	Upper quarter joint mobility	4 (16.0)	6 (24.0)	10 (40.0)	3 (12.0)	1 (4.0)	24 (96.0)
	Lower quarter joint mobility	4 (16.0)	7 (28.0)	9 (36.0)	3 (12.0)	1 (4.0)	24 (96.0)
	Palpation for trigger points, fibrotic tissue	3 (12.0)	9 (36.0)	9 (36.0)	3 (12.0)	0 (0.0)	24 (96.0)
	Navicular to floor distance	0 (0.0)	5 (20.0)	10 (40.0)	9 (36.0)	0 (0.0)	24 (96.0)
Treatment Goals		Essential n (%)	Strongly Recommended n (%)	Recommended n (%)	Neutral n (%)	Not Recommended n (%)	Total Responses n (%)
*	Patient demonstrates knowledge of fall prevention strategies	24 (96.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	24 (96.0)
*	Patient demonstrates knowledge and awareness of safe and unsafe movements	21 (84.0)	2 (8.0)	1 (4.0)	0 (0.0)	0 (0.0)	24 (96.0)
*	Clinically important reduction in fall risk	21 (84.0)	2 (8.0)	0 (0.0)	0 (0.0)	0 (0.0)	23 (92.0)
*	Patient demonstrates knowledge of fracture prevention strategies	20 (80.0)	4 (16.0)	0 (0.0)	0 (0.0)	0 (0.0)	24 (96.0)
*	Patient demonstrates knowledge and awareness of safe and unsafe postures	19 (76.0)	4 (16.0)	1 (4.0)	0 (0.0)	0 (0.0)	24 (96.0)
§	Patient engagement in a regular bone-safe resistance, aerobic, balance and flexibility exercise program	18 (72.0)	6 (24.0)	0 (0.0)	0 (0.0)	0 (0.0)	24 (96.0)

§	Patient demonstrates confidence in performing activities of daily living	14 (56.0)	9 (36.0)	1 (4.0)	0 (0.0)	0 (0.0)	24 (96.0)
§	Patient demonstrates knowledge of strategies to slow the rate of bone loss	11 (44.0)	10 (40.0)	3 (12.0)	0 (0.0)	0 (0.0)	24 (96.0)
§	Patient demonstrates knowledge of safe pain modulating activities	11 (44.0)	12 (48.0)	1 (4.0)	0 (0.0)	0 (0.0)	24 (96.0)
	Clinically important reduction in kyphosis	11 (44.0)	6 (24.0)	5 (20.0)	1 (4.0)	0 (0.0)	23 (92.0)
	Patient's tissue mobility (e.g., joint capsules, muscles) is safely optimized	6 (24.0)	11 (44.0)	6 (24.0)	0 (0.0)	0 (0.0)	23 (92.0)
Interventions		Essential n (%)	Strongly Recommended n (%)	Recommended n (%)	Neutral n (%)	Not Recommended n (%)	Total Responses n (%)
*	Education on activity modifications to reduce fall risk	24 (96.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	24 (96.0)
*	Education on body mechanics to reduce fall risk	23 (92.0)	1 (4.0)	0 (0.0)	0 (0.0)	0 (0.0)	24 (96.0)
*	Education on body mechanics to reduce fracture risk	22 (88.0)	2 (8.0)	0 (0.0)	0 (0.0)	0 (0.0)	24 (96.0)
*	Education on activity modification to reduce fracture risk	22 (88.0)	2 (8.0)	0 (0.0)	0 (0.0)	0 (0.0)	24 (96.0)
*	Education on posture to reduce fracture risk	22 (88.0)	2 (8.0)	0 (0.0)	0 (0.0)	0 (0.0)	24 (96.0)
*	Resistance exercise	22 (88.0)	2 (8.0)	0 (0.0)	0 (0.0)	0 (0.0)	24 (96.0)
*	Balance training	21 (84.0)	3 (12.0)	0 (0.0)	0 (0.0)	0 (0.0)	24 (96.0)
*	Education on posture to reduce fall risk	19 (76.0)	4 (16.0)	1 (4.0)	0 (0.0)	0 (0.0)	24 (96.0)
§	Bone-healthy body mechanics patterns as exercise	16 (64.0)	7 (28.0)	1 (4.0)	0 (0.0)	0 (0.0)	24 (96.0)
§	Flexibility/stretching exercises	13 (52.0)	9 (36.0)	2 (8.0)	0 (0.0)	0 (0.0)	24 (96.0)
§	Aerobic exercise	9 (36.0)	11 (44.0)	4 (16.0)	0 (0.0)	0 (0.0)	24 (96.0)
	Management of patient-specific external orthotic or supportive devices (e.g., spinal orthotics, plantar orthotics, taping)	7 (28.0)	5 (20.0)	10 (40.0)	2 (8.0)	0 (0.0)	24 (96.0)
	Soft tissue focused manual therapy techniques (e.g., muscle energy, deep tissue mobilization, trigger point release)	5 (20.0)	9 (36.0)	8 (32.0)	2 (8.0)	0 (0.0)	24 (96.0)
	Joint focused manual therapy techniques (e.g., joint mobilizations)	5 (20.0)	4 (16.0)	11 (44.0)	4 (16.0)	0 (0.0)	24 (96.0)
	Referral to a dietitian	1 (4.0)	13 (52.0)	6 (24.0)	4 (16.0)	0 (0.0)	24 (96.0)
	Electrical modalities	0 (0.0)	1 (4.0)	6 (24.0)	11 (44.0)	6 (24.0)	24 (96.0)
<p>Note. Note. *Items retained as essential; §Items retained as potential save items; DXA = dual-energy X-ray absorptiometry; FRAX = fracture risk assessment tool; CT = computed tomography; CTX = C-Terminal Cross-Linking Telopeptide; P1NP = Procollagen Type 1 Intact N-terminal Propeptide; BESTest = Balance Evaluation Systems Test; ECOS-16 = assessment of health-related quality of life in osteoporosis; LEFS = Lower Extremity Functional Scale; QuickDASH = Disabilities of the Arm, Shoulder and Hand Short Form.</p>							