

Supplemental Digital Content 3. Round 3 Results (n = 22)

History		Agree as Written	Agree, but Recommend Revision	Disagree item is Essential	Total Responses	Final Level of Consensus Achieved
Item	Operational Definition	n (%)	n (%)	n (%)	n (%)	n (%)
Current medications associated with fall risk and bone loss	Use of chart review, medication list, patient report, and/or other means to identify current and prior use of medications that have known associations with fall risk and bone loss.	21 (95.5)	1 (4.6)	0 (0.0)	22 (100)	100%
History of exercise and physical activity	Use of chart review, patient report, and/or other means to identify all physical activities including regular/typical walking distances, maximum walking distance/duration without a rest break, bicycling, swimming, use of any cardiovascular exercise equipment, strength training, gardening, yoga, Pilates, Tai Chi, Silver Sneakers, balance classes, etc. Reporting should include type, frequency, intensity, and duration including limiting factors (e.g., pain, exhaustion, motivation, etc.).	20 (90.9)	2 (9.1)	0 (0.0)	22 (100)	100%
History of falls, near falls, and fear of falling	Use of chart review, patient report, and/or other means to identify any falls within the past year, falls that resulted in a fracture or injury, and/or feeling of unsteadiness or worry about falling.	18 (81.8)	4 (18.2)	0 (0.0)	22 (100)	100%
Bone-health related comorbidities	Use of chart review, patient report, and/or other means to identify any disease that contributes to secondary osteoporosis, decreases bone mineral density, or requires medication that decreases bone mineral density (e.g., auto-immune disorders, medication-dependent depression, cancer, compromised pulmonary health, diabetes, seizure disorders)	18 (81.8)	4 (18.2)	0 (0.0)	22 (100)	100%
History of fracture	Use of chart review, patient report, and/or other means to identify all fractures sustained regardless of cause or age.	17 (77.3)	4 (18.2)	1 (4.6)	22 (100)	95.5%

Tests and Measures		Agree as Written	Agree, but Recommend Revision	Disagree item is Essential	Total Responses	Final Level of Consensus Achieved
Item	Operational Definition	n (%)	n (%)	n (%)	n (%)	n (%)
Assessment of static and dynamic balance	Use of tests and measures to examine a patient's ability to maintain center of gravity within the base of support in an upright posture (static balance) and ability to maintain stability during weight shifting, often while changing the base of support (dynamic balance)	19 (86.4)	2 (9.1)	1 (4.6)	22 (100)	95.5%
Functional lower extremity strength	Use of tests and measures that examine the strength and/or power in the lower extremities through performance of functional tasks (e.g., standing from sitting, going up a step, squatting).	19 (86.4)	2 (9.1)	1 (4.6)	22 (100)	95.5%
Observational gait analysis	Use of visual observation and/or recorded video to examine a patient's gait pattern for abnormalities that may increase risk for fall-related fractures or inhibit the safe performance of bone-protective/balance-improvement exercise programs.	18 (81.8)	4 (18.2)	0 (0.0)	22 (100)	100%
Balance-related outcomes	Use of tests and measures to examine the impact of a patient's balance status on some meaningful outcome for the patient (e.g., falls, participation, quality of life) at a single time-point and/or over a period of time.	15 (68.2)	3 (13.6)	4 (18.2)	22 (100)	81.8%
Educational Goals		Agree as Written	Agree, but Recommend Revision	Disagree item is Essential	Total Responses	Final Level of Consensus Achieved
Item	Operational Definition	n (%)	n (%)	n (%)	n (%)	n (%)
Patient demonstrates knowledge and application of fall risk reduction strategies.	Confirmation that the patient has an understanding of physical, behavioral, environmental, and pharmaco-medical factors that contribute to falls and applies this knowledge during daily activities including exercise.	19 (86.4)	2 (9.1)	0 (0.0)	21 (95.5)	95.5%
Patient demonstrates knowledge and application of fracture prevention strategies including slowing the rate of bone loss.	Confirmation that the patient has an understanding of physical, behavioral, environmental, and compensatory strategies to reduce one's risk of fractures and slow bone loss and applies this knowledge during daily activities including exercise.	17 (77.3)	3 (13.6)	0 (0.0)	20 (90.9)	90.9%

Patient demonstrates knowledge and application of an exercise program that emphasizes bone-safe posture, resistance, aerobic, balance, and flexibility exercises.	Confirmation that the patient has an understanding of, and consistent ongoing participation in, an exercise program that promotes proper postural alignment, avoids bending forward at the waist and twisting of the spine to the point of strain, and consist of individually tailored resistance, aerobic, balance, and flexibility exercises.	17 (77.3)	3 (13.6)	0 (0.0)	20 (90.9)	90.9%
Patient demonstrates knowledge and application of safe and unsafe postures and movements.	Confirmation that the patient understands proper postural alignment and movements that avoid flexing the trunk or twisting to the point of strain and applies this knowledge during daily activities including exercise.	17 (77.3)	3 (13.6)	1 (4.6)	21 (95.5)	90.9%
Interventions		Agree as Written	Agree, but Recommend Revision	Disagree item is Essential	Total Responses	Final Level of Consensus Achieved
Item	Operational Definition	n (%)	n (%)	n (%)	n (%)	n (%)
Education on posture, body mechanics, and activity modification to reduce fracture risk during daily activities including exercise.	Use of live or recorded instruction, written or online materials, and/or other means to inform patients about postures, positions, and movements that predispose someone with osteoporosis to fracture (e.g., spinal compression fracture, fall-related fracture).	20 (90.9)	1 (4.6)	0 (0.0)	21 (95.5)	95.5%
Resistance exercise	Movements that require muscle force production beyond what is normally required to move a body segment or segments.	19 (86.4)	0 (0.0)	2 (9.1)	21 (95.5)	86.4%
Education on posture, body mechanics, and activity modification to reduce fall risk	Use of live or recorded instruction, written or online materials, and/or other means to inform patients about postures, positions, and movements that predispose someone with osteoporosis to sustaining fall-related spinal or extremity fractures and/or injury.	17 (77.3)	1 (4.6)	3 (13.6)	21 (95.5)	81.8%
Balance training	Activities aimed at improving or maintaining a patient's ability to remain upright and steady when standing or walking in order to avoid fall-related fractures and/or injury.	15 (68.2)	4 (18.2)	2 (9.1)	21 (95.5)	86.4%

Note. Final level of consensus represents the total number of panelists indicating agree as written or agree, but recommend revision divided by the total number of panelists participating in round 3. An a priori threshold of 75% was used to determine if consensus was achieved