

Supplemental Digital Content 4. Points Awarded to Potential Saved Items

Items	Operational Definition	Points Received (%) Total points 660
History		
Results from prior bone mineral density assessments and imaging studies	Use of radiology reports, chart review, patient report, and/or other means to obtain results of bone mineral density assessments (DXA) and imaging studies (radiographs, CT).	305 (46.2)
Ergonomic risk factors (living/work/recreational settings)	Use of direct observation, pictures/video, patient report, and/or other means to identify aspects of a patient's physical work/living/recreational environment associated with fall risk and/or risk of mechanical spinal compression.	218 (33.0)
Historical height loss	Use of chart review, patient report, and/or other measures to determine the quantitative difference between current height and maximum height attained at any age.	197 (29.8)
Bone health-related nutritional status/diet	Use of food diaries, lists of supplements, chart review, and/or patient report to obtain average intake of key bone health-related nutrients such as calcium and vitamin D.	159 (24.1)
History of vestibular dysfunction	Use of chart review, patient report, and/or other means to identify any history of vertigo/dizziness/floating or confirmed medical conditions that predispose someone to vestibular dysfunction (e.g., Meniere's disease, acoustic neuroma, chronic ear infections)	136 (20.6)
Tests and Measures		
Quantification of thoracic kyphosis	Measurement of erect posture sagittal spinal curve from C7 to L1 using direct (e.g., Flexicurve, inclinometer) or indirect (e.g., tragus or occiput to wall) methods.	256 (38.8)
Dynamic posture testing	Use of tests and measures to examine a patient's ability to maintain postural control while reaching at various levels and/or performing functional activities.	177 (26.8)
Confidence and mobility scales	Use of standardized measures for the systematic assessment of confidence and self-efficacy as they relate to mobility and fear-avoidance (e.g., Activities-Specific Balance Confidence Scale).	135 (20.5)
Relevant range of motion/flexibility measurements	Use of tests and measures to quantify the range of motion and/or flexibility of body segments relevant to the diagnosis, prognosis, and/or treatment plan of an individual patient (e.g., goniometry, distance, length).	115 (17.4)
Lower quarter strength	Use of tests and measures (e.g., manual muscle test, dynamometry) to measure force production of specific lower extremity muscles or muscle groups (e.g., quadriceps, triceps surae).	94 (14.2)
Current height & weight	Use of measurement devices (e.g., height rod, scale), chart review, and/or patient report to obtain a patient's current weight (in usual clothing) and height (no shoes).	82 (12.4)
Assessment of pain	Use of standardized measures for the systematic assessment of pain, pain response, and/or biopsychosocial aspects of pain (e.g., Numeric pain rating scales, Brief Pain Inventory, Pain Catastrophizing Scale).	75 (11.4)
Endurance tests	Use of tests and measures to assess the ability of the cardiovascular, pulmonary, and neuromuscular systems to resist fatigue and complete functional tasks (e.g., 6 min walk test, step test)	73 (11.1)

Rib to pelvis distance	Use of a measurement device (e.g., tape measure) to quantify the distance between the inferior margin of the ribs and the superior surface of the pelvis.	53 (8.0)
Educational Goals		
Patient demonstrates knowledge and application of safe pain modulating activities	Confirmation that the patient has an understanding of physical activities, exercises, positions, modalities, and pharmaceutical agents to reduce pain intensity and applies this knowledge effectively when needed.	340 (51.5)
Patient demonstrates confidence in performing bone-safe daily activities including exercise	Confirmation the patient has attained an appropriate level of confidence in performing daily activities and exercise in a way that avoids fall risk and also reduces fracture risk by maintaining safe postures and movements.	300 (45.5)
Interventions		
Bone-healthy (fracture preventive and bone mineral density preserving) body mechanics patterns as exercise	Exercises prescribed to reinforce safe movement patterns that prevent someone with osteoporosis from suffering fracture and/or pain from excessive appendicular torques.	345 (52.3)
Flexibility/stretching exercises	Exercises prescribed to restore range of motion in a joint or extremity	240 (36.4)
Aerobic exercise	Exercises prescribed to improve physical fitness and activity tolerance through physiologic mechanisms that promote the body's use of oxygen.	240 (36.4)
* Abbreviations: (dual-energy X-ray absorptiometry (DXA); computed tomography (CT)		