Supplemental Digital Content 1. Round 1 Results (n = 31)

Item		Agree n (%)	Unsure n (%)	Disagree n (%)	Total Responses n (%)
History		**Agree** n (%)	**Unsure** n (%)	**Disagree** n (%)	**Total Responses** n (%)
	Fracture history	31 (100)	0 (0.0)	0 (0.0)	31 (100)
	Bone-health related comorbidities (auto-immune disorders, medication-dependent depression, cancer, compromised pulmonary health, diabetes. seizure disorders)	31 (100)	0 (0.0)	0 (0.0)	31 (100)
	Current medications associated with fall risk	31 (100)	0 (0.0)	0 (0.0)	31 (100)
	Physical activity history (community ambulator, any changes related to pain or fatigue)	31 (100)	0 (0.0)	0 (0.0)	31 (100)
	Results from prior bone mineral density assessments (DXA)	30 (96.8)	1 (3.2)	0 (0.0)	31 (100)
	Bone-friendly & bone-hazardous medication history	30 (96.8)	1 (3.2)	0 (0.0)	31 (100)
	Falls history	30 (96.8)	1 (3.2)	0 (0.0)	31 (100)
	Current exercise routine including type, duration, frequency, etc.	30 (96.8)	1 (3.2)	0 (0.0)	31 (100)
	Historical height loss	29 (93.5)	2 (6.5)	0 (0.0)	31 (100)
	Ergonomic risk factors (living/work situation)	29 (93.5)	1 (3.2)	1 (3.2)	31 (100)
	Family bone-health history	28 (90.3)	2 (6.5)	1 (3.2)	31 (100)
	Results from prior bone-related imaging studies (radiographs, CT)	25 (80.6)	5 (16.1)	1 (3.2)	31 (100)
†	Lab results (e.g., vitamin D levels, CTX, P1NP levels)	N/A	N/A	N/A	N/A
†	FRAX Risk	N/A	N/A	N/A	N/A
†	Absolute fracture risk scores	N/A	N/A	N/A	N/A
†	Nutrition status/Diet (e.g., Calcium intake, carbonated beverages)	N/A	N/A	N/A	N/A
†	Nutrition supplements (e.g., Calcium, vitamin D)	N/A	N/A	N/A	N/A
†	History of vestibular dysfunction	N/A	N/A	N/A	N/A
†	Menstrual history and periods of amenorrhea for females	N/A	N/A	N/A	N/A
†	Average time spent sitting each day	N/A	N/A	N/A	N/A
Tests and Measures		**Agree** n (%)	**Unsure** n (%)	**Disagree** n (%)	**Total Responses** n (%)
	Balance outcome measures (e.g., BBS, TAT, DGI, BESTest)	31 (100)	0 (0.0)	0 (0.0)	31 (100)
	Current height and weight	30 (96.8)	0 (0.0)	1 (3.2)	31 (100)
	Functional lower extremity strength (e.g., 5x sit to stand, 30 second chair rise)	30 (96.8)	1 (3.2)	0 (0.0)	31 (100)
	Static standing balance (e.g., single leg stance, 4 stage balance)	30 (96.8)	1 (3.2)	0 (0.0)	31 (100)
	Dynamic standing balance (e.g., Functional Reach Test)	30 (96.8)	1 (3.2)	0 (0.0)	31 (100)
	Quantification of thoracic kyphosis (e.g., Flexicurve, inclinometer, tragus to wall)	29 (93.5)	0 (0.0)	2 (6.5)	31 (100)
	Observational gait analysis	29 (93.5)	0 (0.0)	1 (3.3)	30 (96.8)
	Relevant upper quarter range of motion/flexibility measurements (patient-specific)	28 (90.3)	2 (6.5)	0 (0.0)	30 (96.8)
	Relevant lower quarter range of motion/flexibility measurements (patient-specific)	28 (90.3)	2 (6.5)	0 (0.0)	30 (96.8)
	Pain (e.g., visual analogue scale, numeric rating scale)	28 (90.3)	3 (9.7)	0 (0.0)	31 (100)

		Agree n (%)	Unsure n (%)	Disagree n (%)	Total Responses n (%)
	Confidence and mobility scales (e.g., Activities-specific Balance Confidence Scale)	28 (90.3)	2 (6.5)	0 (0.0)	30 (96.8)
	Lower quarter strength (e.g., manual muscle test, dynamometer)	27 (87.1)	4 (12.9)	0 (0.0)	31 (100)
	Rib to pelvis distance	26 (83.9)	2 (6.5)	2 (6.5)	30 (96.8)
	Trunk ROM (e.g., active and passive)	26 (83.9)	0 (0.0)	3 (9.7)	29 (93.5)
	Upper quarter strength (e.g., manual muscle test, dynamometer)	25 (80.6)	5 (16.1)	0 (0.0)	30 (96.8)
	Torso strength (e.g., MMT, dynamometer)	24 (77.4)	5 (16.1)	2 (6.5)	31 (100)
	Two-joint flexibility (e.g., straight leg raise, Thomas test)	24 (77.4)	5 (16.1)	1 (3.2)	30 (96.8)
	Joint varus/valgus (e.g., hip, knee, rear foot)	22 (71.0)	6 (19.4)	1 (3.2)	29 (93.5)
	Spine joint mobility	22 (71.0)	6 (19.4)	2 (6.5)	30 (96.8)
	Endurance tests (e.g., 6-minute walk test)	22 (71.0)	4 (12.9)	1 (3.2)	27 (87.1)
	Body region specific functional outcome measures (e.g., ODI, LEFS, QuickDASH)	22 (71.0)	6 (19.4)	2 (6.5)	30 (96.8)
	Upper quarter joint mobility	21 (67.7)	4 (12.9)	4 (12.9)	29 (93.5)
	Lower quarter joint mobility	21 (67.7)	4 (12.9)	4 (12.9)	29 (93.5)
	Grip strength	21 (67.7)	7 (22.6)	2 (6.5)	30 (96.8)
	Timed loaded standing	21 (67.7)	7 (22.6)	0 (0.0)	28 (90.3)
	Palpation for trigger points, fibrotic tissue	18 (58.1)	8 (25.8)	2 (6.5)	28 (90.3)
	Quality of life scales	18 (58.1)	11 (35.5)	0 (0.0)	29 (93.5)
	Leg length	11 (35.5)	10 (32.3)	3 (9.7)	24 (77.4)
	Navicular to floor distance	10 (32.3)	12 (38.7)	5 (16.1)	27 (87.1)
†	Dynamic posture testing	N/A	N/A	N/A	N/A
Treatment Goals		**Agree** n (%)	**Unsure** n (%)	**Disagree** n (%)	**Total Responses** n (%)
	Patient understands fracture prevention strategies	31 (100)	0 (0.0)	0 (0.0)	31 (100)
	Patient understands and is engaged in a regular bone-safe resistance, aerobic, balance and flexibility exercise program	31 (100)	0 (0.0)	0 (0.0)	31 (100)
	Patient understands fall prevention strategies	30 (96.8)	1 (3.2)	0 (0.0)	31 (100)
	Patient understands safe and unsafe postures	30 (96.8)	0 (0.0)	1 (3.2)	31 (100)
	Patient understands safe and unsafe movements	30 (96.8)	0 (0.0)	1 (3.2)	31 (100)
	Patient understands strategies to slow the rate of bone loss	30 (96.8)	1 (3.2)	0 (0.0)	31 (100)
	Patient understands safe pain modulating activities	30 (96.8)	1 (3.2)	0 (0.0)	31 (100)
	Clinically important reduction in fall risk	28 (90.3)	3 (9.7)	0 (0.0)	31 (100)
	Patient's tissue mobility (e.g., joint capsules, muscles) is safely optimized	26 (83.9)	4 (12.9)	0 (0.0)	30 (96.8)
	Clinically important reduction in kyphosis	24 (77.4)	5 (16.1)	2 (6.5)	31 (100)
†	Patient demonstrates confidence in performing activities of daily living	N/A	N/A	N/A	N/A
Interventions		**Agree** n (%)	**Unsure** n (%)	**Disagree** n (%)	**Total Responses** n (%)
	Education on body mechanics to reduce fracture risk	31 (100)	0 (0.0)	0 (0.0)	31 (100)
	Balance training	31 (100)	0 (0.0)	0 (0.0)	31 (100)
	Resistance exercise	31 (100)	0 (0.0)	0 (0.0)	31 (100)
	Education on activity modifications to reduce fall risk	29 (93.5)	0 (0.0)	2 (6.5)	31 (100)
	Bone-healthy body mechanics patterns as exercise	29 (93.5)	2 (6.5)	0 (0.0)	31 (100)

	Flexibility/stretching exercises	29 (93.5)	2 (6.5)	0 (0.0)	31 (100)
	Education on activity modification to reduce fracture risk	28 (90.3)	1 (3.2)	2 (6.5)	31 (100)
	Education on body mechanics to reduce fall risk	28 (90.3)	2 (6.5)	1 (3.2)	31 (100)
	Education on posture to reduce fracture risk	27 (87.1)	2 (6.5)	2 (6.5)	31 (100)
	Education on posture to reduce fall risk	27 (87.1)	2 (6.5)	2 (6.5)	31 (100)
	Weight-bearing aerobics	26 (83.9)	4 (12.9)	1 (3.2)	31 (100)
	Soft tissue focused manual therapy techniques (e.g., muscle energy, deep tissue mobilization, trigger point release)	23 (74.2)	4 (12.9)	3 (9.7)	30 (96.8)
	Joint focused manual therapy techniques (e.g., joint mobilizations)	22 (71.0)	6 (19.4)	3 (9.7)	31 (100)
	Use of patient-specific external orthotic or supportive devices (e.g., spinal braces, plantar orthotics, taping)	21 (67.7)	8 (25.8)	2 (6.5)	31 (100)
	Electrical modalities	7 (22.6)	15 (48.4)	8 (25.8)	30 (96.8)
†	Referral to a dietitian	N/A	N/A	N/A	N/A

Note. †Additional items based on panelists' recommendations; N/A = not applicable. Abbreviations: DXA = dual energy x-ray absorptiometry; CT = computerized tomography; FRAX = fracture risk assessment tool; CTX = beta-C-terminal telopeptide; P1NP = 1-Nitropyrene; BBS = Berg balance scale; TAT= Tinetti Assessment Tool; DGI = dynamic gait index; BESTest = balance evaluation systems test; ODI= Oswestry Disability Index; LEFS = lower extremity functional scale; QuickDASH = quick disabilities of arm, shoulder, and hand questionnaire; MMT = manual muscle test; ECOS-16 = assessment of quality of life in osteoporosis questionnaire; ROM = range of motion; MMT= manual muscle test; ADLs = activities of daily living