

Bone Density & Osteoporosis

After a Spinal Cord Injury

80%

of people with SCI have
osteoporosis
or **osteopenia**

The bone loss is below the level of injury and can begin to occur within 6 months of a spinal cord injury



Bone Loss Most Often Occurs in Legs

Generally there is about
30% - 40%
decrease in bone density
in the legs after SCI.

Most loss is in the areas just above and below the knee.

How to Maintain Bone Density

Weight Bearing Exercises

Regularly standing using a standing frame or a standing wheelchair help prevent bone loss. FES Cycling and low-intensity body vibration can also help.



Supplements to Consider

Calcium, Vitamin D, Bisphosphonates (for example Fosamax) and Teriparatide (brand name Forteo) are medications and supplements that can help prevent bone loss.

Healthy Lifestyle Choices

Reducing caffeine, alcohol intake and quitting smoking can all help in minimizing bone loss.



Your Diet Matters

Calcium and vitamin D can help prevent bone loss. Foods with calcium: Milk, cheese, yogurt, kale, and spinach. Foods with vitamin D: Egg yolks, salmon, trout and cod liver oil.

Find More Resources at

SpinalCord.com



(877) 336-7192



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References

Silver, Jackie, et al. *Osteoporosis and Spinal Cord Injury*.
Svircev, Jelena. *Osteoporosis and Fractures in Persons with SCI: What, Why, and How to Manage*.