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Comparative Analysis of Rehabilitation Methods Used on Post-Menopausal Women
Affected by Osteoporosis in South Mississippi

Osteoporosis is a serious and growing public health problem due to its association with skeletal fracture. Physical activity in the post-menopausal years has been recommended as a primary treatment strategy against osteoporosis and fractures. Both aerobic exercises and strength training provide the mechanical stimuli important for the maintenance and improvement of bone health. The purpose of this study was to determine the preferred method of rehabilitation used to treat postmenopausal osteoporotic women in south Mississippi. The study involved physical therapists, occupational therapists, kinesiotherapists, and athletic trainers from south Mississippi and compared the use of traditional aerobic exercise versus the more contemporary resistive-training method. A survey was developed by the researchers to determine which method each group of therapists preferred using in treatment of postmenopausal osteoporotic women. Criterion for participation was that each therapist must treat at least five osteoporotic patients a year. Surveys were distributed via U.S. Mail. Data collected from completed surveys was analyzed using Student Sample Paired T-Test and Multivariate Analysis of Variance (MANOVA). Data analysis from both Student Paired Sample T-Test and Multivariate Analysis of Variance showed a statistically significant difference between the preferences of resistive-training exercise over aerobic exercise. In conclusion, therapists in south Mississippi preferred the use of resistive-training exercise as opposed to aerobic exercise in the treatment of postmenopausal osteoporosis.