

Subject:	<b>Physical therapy and exercise in cases of osteoporosis</b>
Summary:	<p>Physical therapy and exercise therapy for patients aged eighteen years or older with a chronic disorder is reimbursed under the basic insurance as of the thirteenth treatment session (since 1 January 2011). The first twelve sessions of this care are also reimbursed for patients younger than eighteen years. Disorders eligible for reimbursement appear on List I of the Health Insurance Decision. In this Outcome of Assessment, CVZ assesses whether the indication "vertebral fracture as a result of osteoporosis" complies with established medical science and medical practice. The disorder osteoporosis does not actually appear on the list of chronic disorders for physical therapy.</p> <p>CVZ concludes that long-term physical therapy and exercise therapy for the indication "vertebral fracture as a result of osteoporosis" in relation to the list of chronic disorders for physical therapy does not comply with the 'established medical science and medical practice' criterion. CVZ concludes that the definition of the indication is no longer appropriate in view of the current treatment guidelines (EBM) for patients with osteoporosis and osteopenia. Fractures form the most important risk with osteoporosis. When treating osteoporosis attention must be paid to both the prevention of falls as the most important cause of fractures, and to the treatment of bone factors (BMD).</p> <p>Exercise therapy that focuses on strength and stamina, balance, posture and/or walking ability is not effective in reducing falls, fractures after a fall and the risk-factors for falling in post-menopausal women with a reduced BMD, and as a result does not fulfil the 'established medical science and medical practice' criterion.</p> <p>Preventing falls is important for all older people. One way to do this is by ensuring sufficient activity. Exercise and training focusing on power and balance is a form of selective prevention in a healthy population, which means it does not fulfil the criteria of the Zvw. Furthermore, CVZ has found insufficient evidence that long-term physical therapy and exercise therapy is effective in improving the bone density in adult patients with secondary osteoporosis as a result of rheumatoid arthritis, HIV or paraplegia or in children with cerebral palsy.</p>
Type of ruling:	SpZ = Outcome of Assessment Zvw
Date:	30 May 2011
Issued to:	VWS
Care form:	Paramedical care

*The original text of this **Outcome of Assessment** of CVZ was in Dutch. Although great care was taken in translating the text from Dutch to English, the translation may nevertheless have resulted in discrepancies. Rights may only be derived on the basis of the Dutch version of CVZ's Outcome of Assessment.*

*Furthermore, CVZ points out that only the summary of this report was translated. A proper understanding of all relevant considerations and facts would require familiarity with the Dutch version of this report, including all appendices.*