

Abstract

- Title:** Comprehensive approach to the treatment of osteoporosis
- Objectives:** The main objective of this work is to evaluate the level of clients with osteoporosis based on the survey.
Create and verify the compensation exercise program for clients with osteoporosis.
Show changes in the subjective quality of life pursued by the resident due to the compensation program.
Assess changes in the subjective evaluation of functional state of locomotive apparatus monitored clients due to motion compensation program.
- Methods:** The work is conceived as a cross – sectional qualitative study on the frequency of positive change was used in the questionnaire and intervention program.
The frequency of observed phenomena is presented in absolute numbers and percentages of change.
- Results:** Based on the subjective assessment of clients with osteoporosis was due to the motion program to improve the functional state of locomotive apparatus thereby reducing pain and quality of life.
- Keywords:** osteoporosis, exercise program, quality of life, questionnaire