

Kennislacunes

1. What are the benefits and harms of exercise therapy and/or physical therapy in patients aged 50 years or older with a vertebral fracture, compared with usual care?

P: patients aged 50 years or older with a stable vertebral fracture;

I: exercise and/or physical therapy;

C: usual care;

O: pain, quality of life, activities/limitations of daily living, secondary fractures, (other) adverse events, participation (including work), muscle strength, number of falls, fear of falling.

2. What is the optimal type of exercise therapy and/or physical therapy in patients aged 50 years or older with a vertebral fracture?