

Age Range	Definition
Men \geq 60 years or postmenopausal women	Hip or knee region <i>T</i> -score \leq -2.5
Men $<$ 59 years or premenopausal women	Hip or knee region <i>Z</i> -score $<$ -2.0 with \geq 3 risk factors for fracture
Men or women age 16–90	Prior fragility fracture and no identifiable etiology of osteoporosis other than SCI
<p><i>The T-score is the number of standard deviations (SD) BMD is above or below sex-specific young adult mean peak bone mass. The Z-score is the number of SD BMD is above or below that expected for individuals of the same age and sex.</i></p> <p>Reprinted from Topics in Spinal Cord Injury Rehabilitation, Vol. 14, Craven BC, Robertson LA, McGillivray CF, Adachi JD, Detection and treatment of sublesional osteoporosis among patients with chronic SCI: Proposed paradigms, pp. 1–22, © 2009. Reproduced with permission from Thomas Land Publishers, Inc. www.thomasland.com</p>	