

Osteoporosis

The Role of Exercise

- Studies have shown that regular exercise can slow bone loss and even improve bone density.
- Exercise can reduce stress and anxiety.
- Regular physical activity helps prevent and/or postpone the age-associated declines in physical function.
- Regular exercise will improve general well being and physical functioning.

Precautions

- Key to managing osteoporosis is prevention through smoking-cessation, calcium replacement, and exercise.
- No weight bearing exercise if your T-Score is less than -3.5 or your Health Care Provider advises against weight bearing exercise.
- Be careful when performing any back exercises – stop immediately if you experience pain.
- Avoid quick, jarring movements that may precipitate a fall or fracture.
- Avoid excessive twisting movements.
- Avoid unsupported forward flexion (bending forward at the hip or waist).

Your Specialized Exercise Protection

Non-Weight Bearing Prescription

- Find an activity that you enjoy and begin with an amount of time you can comfortably do. Add a few minutes more every week until you are able to perform 20-40 continuous minutes. (Activities such as water walking/swimming, bicycle riding, or chair exercise class.)
- While seated perform exercises to strengthen muscles. Remember to use slow controlled movement.
- Stretch by holding and never bouncing, remember to breathe.

Weight Bearing Prescription

- Find an aerobic activity that you can comfortably do 3 to 5 times each week. Increase the amount of time spent in each session before you increase the intensity of performing the activity.
- Strengthen your muscles.
- Stretch by holding and never bouncing, remember to breathe.

Principles for Bone Protection

- Move through comfort. Always stop if you experience sharp pain and consult your doctor.
- Listen to your body. Some days you may be able to do more or less than others.
- Movements should be controlled and slow, never jerky or quick.
- Always use good posture. Remind yourself to "sit/walk tall", with stomach contracted, shoulders back, and ears over shoulders.

