

Exercise Guidelines

Perform weight bearing exercise such as walking, aerobics, squats and step ups 3-5 days per week.

- Include resistance (weight) training to build strength
- Progress the resistance every few months

Perform balance exercises at least 2 days per week.

- Safely challenge your balance:
 - stand with feet close together
 - stand with one foot in front of the other
 - stand on a foam mat
- Consider working with a personal trainer for safe resistance and balance training.
- Take exercise classes for core strengthening and aerobics.

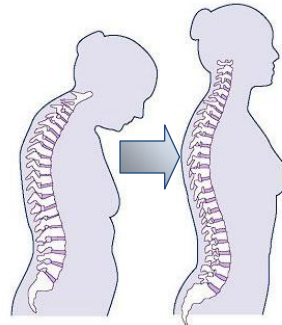
Safe Exercises



Do keep your back in a neutral (straight) position!

Do tighten your abdominals to help support your spine.

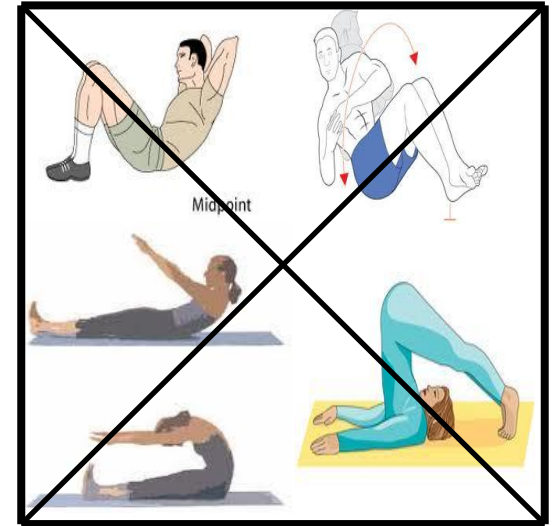
Posture is Important!



- Push up through the top of your head
- Bring head and shoulders back
- Lift your chest
- Straighten your spine
- Pull in abdominal muscles
- Stand Tall!**

Unsafe Exercises

Do not perform exercises that make you bend forward or rotate your trunk:



Do not use the Cybex trunk flexion or Free Motion squat machines:



Osteoporosis Facts

- A disease of decreased bone density and strength
- Risk factors include:
 - Age 60+ -Female
 - Race (Caucasian, Asian)
 - Lack of calcium and vitamin D
 - Inactive lifestyle
 - Tobacco use -Alcohol use
- Weak bones can break (fracture) more easily. This can result in pain, time for recovery, and loss of independence.
- Exercise can help prevent fractures if performed correctly.
 - The right exercises can prevent falls and fractures.
 - The wrong exercises can be harmful.

Physical Therapy can help you!

Evaluation of:

- Posture
 - Strength
 - Balance
 - Flexibility
 - Joint mobility
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- Treatments to improve your posture and mobility.
 - Instruction in safe exercises to prevent fractures.
 - Call (919)387-3170 to set up your evaluation.

Exercise Recommendations for Osteoporosis

