

OSTEOPOROSIS

Consider an exercise routine to prevent falls and improve functionality

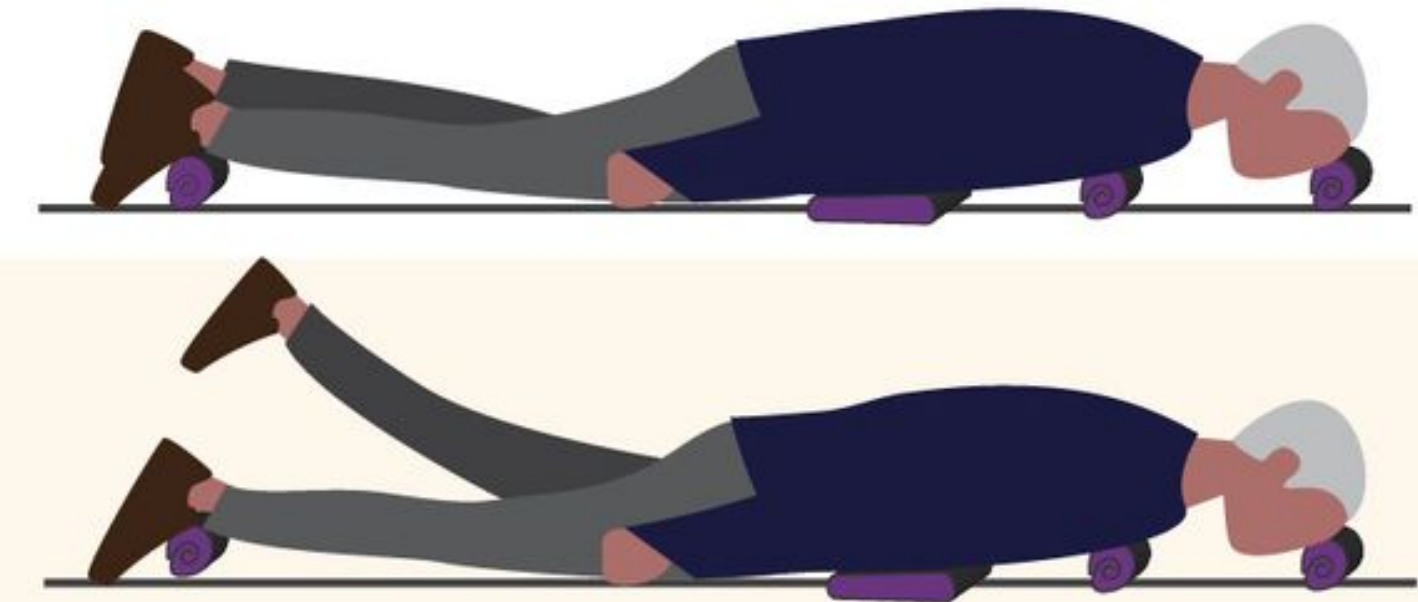
Exercises for Strength, Flexibility, Posture, and Balance

Corner Stretch (Posture)



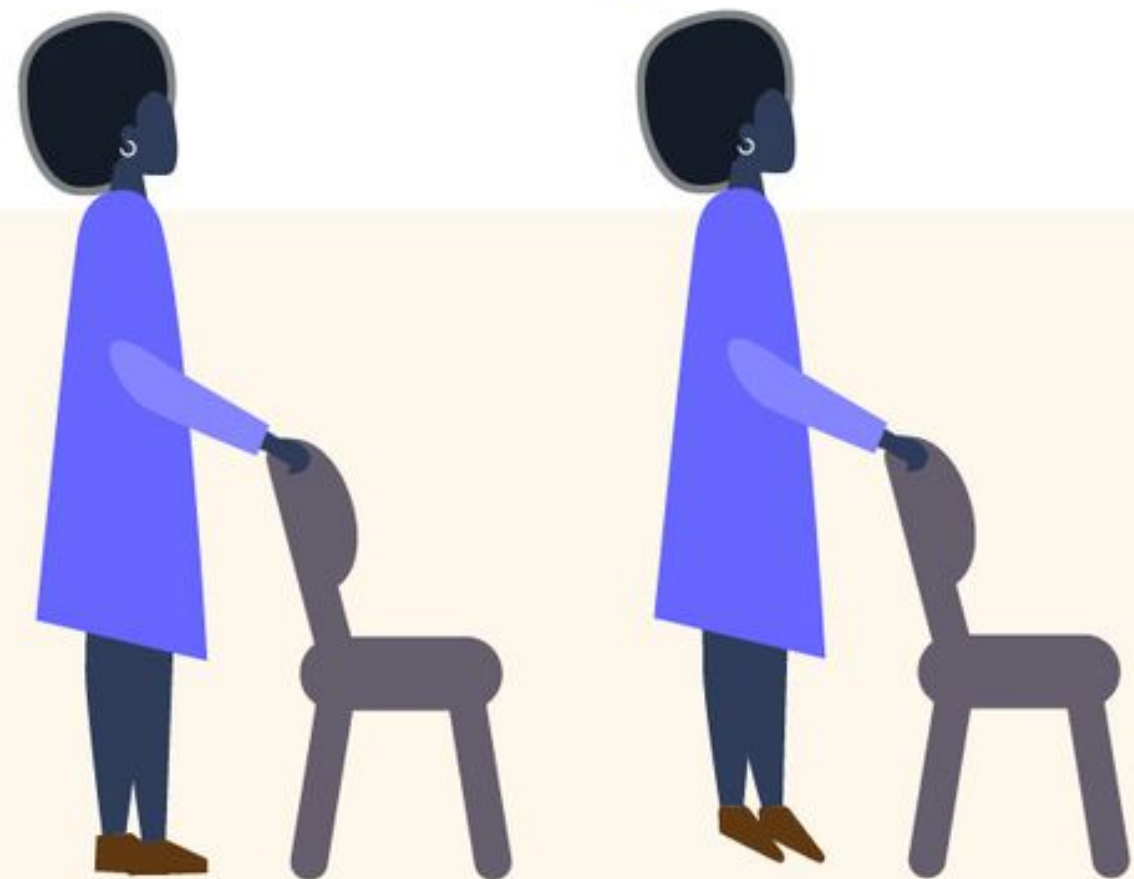
- Stand in the corner of a room with arms extended to the walls at shoulder level
- Step 1 foot forward with that knee bent
- Lean onto the front leg, bringing your head and chest toward the corner
- Hold for 20-30 sds, repeat on other side
- Do 2 on each side, 3 times per week

Prone Leg Lifts (Hip/Back)



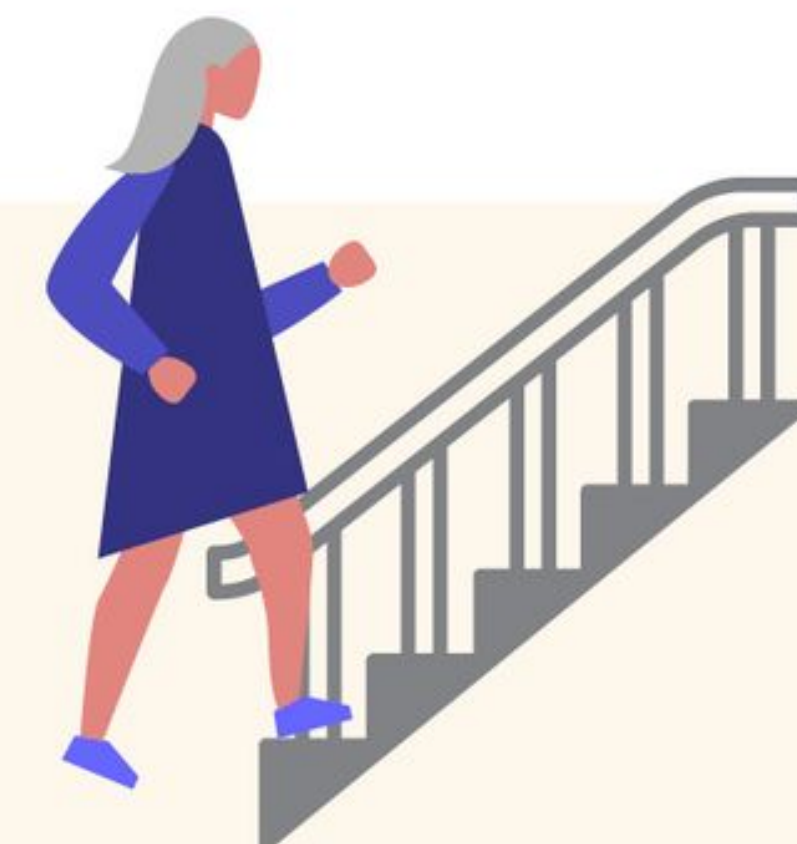
- Lie on stomach with hands at sides
- Place towels under forehead, shoulders, ankles, abdomen for support
- Bend right leg slightly and lift thigh off the floor (repeat 10 times on each side)
- Do this 2-3 times per week

Heel Raises (Balance)



- Stand straight while holding a chair
- Rise up on your toes and then back onto your heels (repeat 10 times)
- Hold onto the chair as little as possible
- Do this once each day

Functional Exercises



Any exercise that mimics a challenging daily movement (eg, climbing stairs). **IMPORTANT:** Avoid exercises involving flexion of the back and always bend from the waist (do not bend the back).

Strengthening Exercises

High-impact weight bearing: Dancing, hiking, running, tennis, stairs, jumping rope

Low-impact weight bearing: Fast walking, stair-step machines, elliptical machines

Muscle-strengthening: Weight lifting/machines, elastic bands, lifting own body weight



For more exercises, visit the [National Osteoporosis Foundation website](https://www.nof.org/preventing-fractures/exercise-to-stay-healthy/)

National Osteoporosis Foundation. Exercise to Stay Healthy. Accessed March 27, 2020.

<https://www.nof.org/preventing-fractures/exercise-to-stay-healthy/>

National Osteoporosis Foundation. Weight Bearing. Accessed March 27, 2020.

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