

**Have you been diagnosed with osteopenia or osteoporosis
through bone density testing?**

Do you have questions or concerns??

What is Osteoporosis?

“Osteoporosis is a systemic skeletal disease characterized by low bone mass and micro-architectural deterioration of bone tissue, with a consequent increase in bone fragility and susceptibility to fracture risk”

What Can I Do About My Osteoporosis?

At One Step Ahead Mobility Physiotherapy, we have helped many people with osteopenia/osteoporosis. We are a certified Osteo-Circuit™ Clinic with specialised training and expertise in exercise for low bone density (osteopenia) and osteoporosis.

**Exercise is key in helping people with osteoporosis or osteopenia build
better bones and decrease their fracture risk.**

There are many types of exercise that can help people with osteopenia and osteoporosis, and to select the right ones for the you can be confusing and frustrating.

BUT: Did you know that some common everyday exercises can actually put a person with low bone density or osteoporosis at risk of fracture? There are some “don’ts” when it comes to exercise and there are some exercises that can be modified to make them safer. The first step is to know the principles of “What is Right” and “What is Risky” to make an informed decision on what exercises you should be doing, what you should not be doing and/or what you should be modifying.

What is Right?

- **Good Posture:** This can help decrease your risk of injury and fracture.
- **Specific Bone Healthy Exercises:** Your bone healthy exercise program should consist of a comprehensive exercise program including, but not limited to, strengthening, balance, and weight bearing exercises.
- **An Individualized Exercise Program:** It is important that your exercises are tailored to you. An trained professional will ensure the right exercise is done the right way and starts at the right level.
- **A Commitment to Exercise:** You may have heard the expression: "If you don't use it you will lose it". This is right when it comes to exercise. Choose the right program that will help you start, and commit to, your bone healthy exercises.

What is Risky?

- Slouched postures or anything that encourages spinal flexion or "rounding of your upper or lower back".
- Twisting and/or bending of your trunk to the extreme. That means you should also not do movements that are fast or forceful, repeated or held in these positions.
- Extreme hip rotation as in some Yoga positions.

Not sure if an exercise is Right or Risky? Have questions and want more information about exercise and low bone density/osteoporosis?

FREE OSTEOPOROSIS WORKSHOP!

Call 416 783 7175

to register for our **FREE WORKSHOP**
On Tuesday, October 23 from 6:30- 8 pm

ONE STEP AHEAD
mobility



Physiotherapy that keeps you moving