on one leg every day when you are waiting in line at the grocery store or brushing your teeth is a good time to practice your balance. Make sure you have something sturdy to hold if you feel unsteady. Avoid planting your feet and twisting in place or doing strong hip rotation stretches like the pigeon pose in yoga to prevent hip fractures. Add exercises that strengthen the buttocks and extend the hip.

Wrist Protection: The wrist often fractures with falls onto outstretched arms. Practice single leg standing balance to minimize risk of falling. Doing quadruped (All 4’s hands and knees) exercises will help to strengthen your wrist.

For more information on specific exercise programs, consult a licensed Physical Therapist with expertise in working with osteoporosis conditions.

Now, you are on the road to better bone health!
Sherri R. Betz, PT
Prevent Fractures! What to do, when you find out that you have low bone density or osteoporosis.

Keep Your Back Straight.
Many daily activities involve lifting and reaching. Proper posture is crucial for these movements when you have low bone density.

When you find yourself:
• Lifting from the floor  • Making the bed
• Tying your shoes  • Getting groceries out of the trunk
• Backing up in the car  • Washing your face and brushing your teeth

AVOID ROUNding your SPINE and SHOULdERS.

Considerations for Exercise.
Many exercises involve movements that could cause fractures to the spine or hip. Avoid or modify exercises that involve rounding the spine such as:

• Crunches
• Curl ups
• Oblique abdominals
• Toe touches – seated or standing

AVOID ROUNding and TWiSTiNG your SPINE.

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