

Osteoporosis Exercise Do's and Don'ts

Osteoporosis is a serious disease that causes bones to become brittle and easily broken. More than 44 million Americans have or are at risk for osteoporosis. Half of women and 20% of men over the age of 50 will suffer an osteoporosis-related fracture.

GOOD NEWS!

The right exercise program can decrease bone loss, increase bone density, and reduce the risk of fractures at any age.

People with osteoporosis should do exercises including:

- ◆ Weight-bearing
- ◆ Resistance
- ◆ Postural
- ◆ Balance

Exercises to Avoid

- ◆ Toe Touches
- ◆ Forward Bending
- ◆ Sit Ups
- ◆ Crunches
- ◆ Twisting 'Windmill'

Avoid These Exercises!

1. Forward bending or rounding of the spine can be extremely dangerous.



2. Excessive Rotation (twisting) increases force on the spine.



3. High impact movement (jumping, running, aerobics) can jar and stress the spine.

Do These!

- ◆ Weight-bearing (low impact) exercises (walking, dancing, stair climbing) at least 3-5 times per week.
- ◆ Resistance exercises (free weights, resistance bands, exercise machines) 2-3 times per week.
- ◆ Postural exercises to stretch tight muscles, improve posture, and strengthen back muscles several times a day.
- ◆ Balance exercises to improve equilibrium, increase muscle strength, and reduce falls.
- ◆ Bend from the hips and knees (not the waist) and sit down without slouching.

A physician or physical therapist should be consulted if you experience pain when exercising.

*The Interagency Council on Osteoporosis
and the
NJ Department of Human Services
[www.state.nj.us/humanservices/doas/
healthy/osteoporosis](http://www.state.nj.us/humanservices/doas/healthy/osteoporosis)
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