

Bone Health Exercises

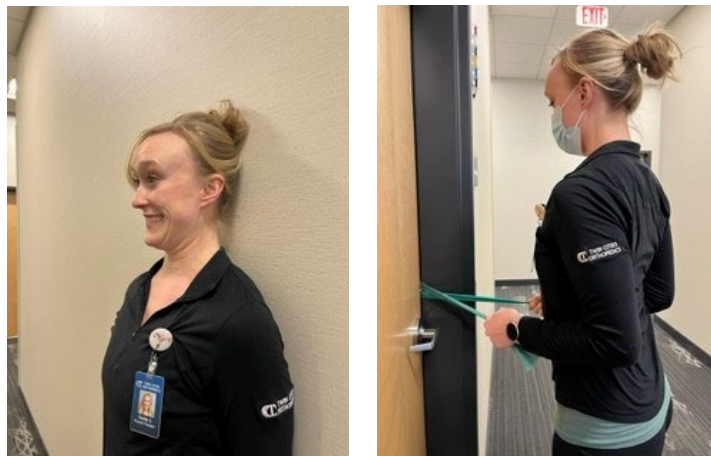
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Weight bearing exercise such as walking helps to load bones in a healthy way to encourage bone building. While non-weight bearing exercise is good for your cardiovascular system and your muscles, it doesn't help to build bone like weight bearing does. **A good goal is 150 minutes of moderate/ vigorous intensity exercise each week (30 minutes most days of the week).** It is also important to perform exercises to work on posture, hip strength, core strength, and balance.

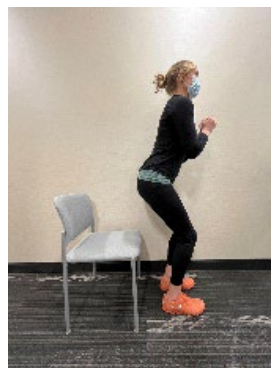
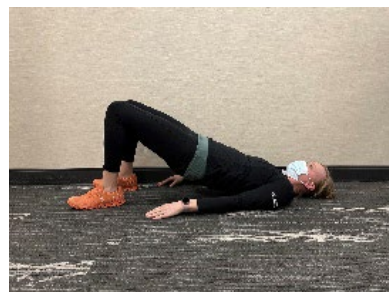
Doing exercises that challenge your balance in a safe manner helps to prevent falls. Balance training should be done daily. Holding positions like the ones below for 30 seconds, 2-3 sets.



Posture exercises help to prevent increased kyphosis or rounding of the upper part of the back which puts excess stress on the front of the vertebra and can contribute to vertebral compression fractures. These should be performed daily, 10 repetitions, holding for 5 seconds.



Strengthening the muscles in your hips and back help to support your bones and decrease fall risk. **Strength training should be done 2-3 days per week with 2-3 sets of 8-10 reps to fatigue.** Weights can be added to make exercises more challenging but good form is the most important thing. Below are examples of some body weight exercise ideas to incorporate. **A visit with a physical therapist can offer a more comprehensive exercise plan.**



Repetitive end range twisting and bending especially with weight should be avoided if you have osteoporosis.