**Quick guide: visual reference**

- **Strong**: Build bone and muscle strength
  - Weight bearing/impact exercise for bones
    - 2-3 days a week
  - Build muscle
    - Frequency: Most days
  - Frequency: Most days
  - Frequency: Most days

- **Steady**: Improve balance
  - Activities like tai chi or dance
  - Frequency: 2-3 days a week

- **Straight**: Improve pain, posture and movements
  - Manage pain from vertebral fractures
    - Daily back muscle strengthening exercises
  - Frequency: Most days of the week
  - Frequency: Most days
  - Frequency: Most days of the week

**Positively approach**
- **Exercise**: Foods you ‘don’t do’
  - Benefits of exercise for osteoporosis
  - Keep as the something holiest than nothing

**Key recommendations: physical activity and exercise for osteoporosis**

- **Strong**: Build bone and muscle strength
- **Steady**: Improve balance
- **Straight**: Improve pain, posture and movements

**Steady**
- **Exercise**
  - Revision advice and individualised advice
  - General advice to exercises to lower impact

**Straight**
- **Use alternative**
  - Avoid
  - Use
  - Posture

**Benefits of exercise for osteoporosis**
- **Exercise**
  - Physical activity and exercise is not associated with significant harm
  - People with osteoporosis should be encouraged to do more rather than less
  - Adopt a positive and encouraging approach

**Physical activity and exercise are important**
- **Physical activity and exercise**
  - Promote bone strength, reducing falls risk and managing pain
  - People with osteoporosis should be encouraged to do more rather than less
  - Adopt a positive and encouraging approach

**Key Principles**

**Physical activity and exercise are important**
- **Physical activity and exercise**
  - Promote bone strength, reducing falls risk and managing pain
  - People with osteoporosis should be encouraged to do more rather than less
  - Adopt a positive and encouraging approach

**Key Principles**

- **Physical activity and exercise are not associated with significant harm including vertebral fracture**
  - Thought very cautious advised
  - These very cautious advised
  - Very cautious advised

**Safety**
- **Safety**
  - Adopt a positive encouraging approach
  - People with painful vertebral fractures need clear and prompt guidance on occupational interventions involved in day-to-day living, and exercises for postural pain

**Steady to reduce falls**
- **Furniture**, over 65 and not taking regular exercise - do some challenging balance exercises 2-3 days a week. If unsteady - consider referral to falls service or physiotherapy
- **Furniture** - managing back exercise to improve flexibility may reduce fall risk

**Straight - a spine caring approach**
- **Correct techniques**
  - For all exercises - use alternative back muscles to help with posture with a focus on exercises that keep the back straight for the maximum amount of time and the intensity and for 10 repetitions, held for 3-5 seconds. Daily exercises to relieve back pain
  - Consider physiotherapy referral for painful fractures or mobility problems

**Physical activity and exercise for osteoporosis**
- **Physical activity and exercise**
  - Promote bone strength, reducing falls risk and managing pain
  - People with osteoporosis should be encouraged to do more rather than less
  - Adopt a positive and encouraging approach

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**Quick guide:**

**Exercise and activity details**

**Strong**

- Upper body/spine
  - Wall press
  - Shoulder press
  - Seated row
  - Door row
  - Navicular/medial head
  - Back extension
  - Dead lift
  - Overhead press
- Lower body/spine
  - Squats
  - Lunges
  - Stair climbing
  - Step up
  - Stair climbing (repeated)

**Frequency and amount**

- For all: 2-3 days per week.
- For falls - reduced impact: 2-3 days per week.
- For all - reduced impact: 2-3 days per week.

**Sports and activities**

- Swimming
- Yoga
- Aqua-aerobics
- Hydrotherapy
- Tai chi
- Pilates / yoga
- Hydrotherapy

**Frequency and amount**

- For all: 2-3 days per week.
- For falls: reduced impact: 2-3 days per week.

**Inactivity**

- Long-stay hospitalisation
- Reduced mobility
- Fewer falls
- Fewer fractures

**Scoring**

- 0: Inactivity
- 1: Low activity
- 2: Moderate activity
- 3: High activity
- 4: High activity + muscle strength

**Activities**

- Low impact
- Some impact
- High impact

**More information**

- https://www.osteoporosis.org.uk
- Bonefractures.org.uk
- Bonefractures.org.uk

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**Definition of osteoporosis**

The term osteoporosis is used throughout this statement. It is defined as a condition in which bone strength is reduced and a person has a higher risk of bone fracture. Osteoporosis is a significant health problem and the prevalence increases with age. Osteoporosis is a disease of the skeleton that is characterised by a decrease in bone mass and a deterioration in bone architecture, with resulting increase in bone fragility and susceptibility to fracture. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents. Osteoporosis is a condition in which the bone density is reduced and the bone is more fragile and susceptible to fractures. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents. Osteoporosis is a disease that affects people at all ages, including children and adolescents. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents. Osteoporosis affects approximately 1 in 4 women and 1 in 8 men over the age of 50. It is a disease that affects people at all ages, including children and adolescents.