

Osteoporosis Exercises

General weight-bearing exercise such as:

- Walking •
- Marching •
- Climbing Stairs •
- Brisk Walking
- Stamping •
- Heel Drops •
- Dancing
- Tai Chi •

for 30 minutes everyday

Muscle Strengthening

Sit to Stand

	 Cross your arms Sit to stand and repeat If you need too you can place your hands on the chair for extra support To fatigue daily
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Shoulder Press

	 Stand on the band Take your arms above your head and back down Keep back straight To fatigue daily
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Natalie March Bsc MCSP Physio-logical Chauffeurs Room Chauffeurs Cottage Stansted Park Rowlands Castle POg 6DX

Website:

Email: enquiries@physio-logical.net www.physio-logical.net Phone: 07835 712 306 HCPC: PH64652 CSP: 069661

Registered Office: Physio-logical Limited, 34 Little Corner, Denmead, Hampshire, PO7 6XL Limited Company Registration Number: 7910374

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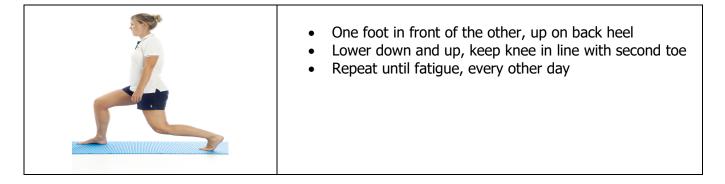
Mini Squats

 In standing, with feet hip width apart. Slowly bend at your hips until your knees are at about 45 degrees. Make sure your back is kept straight. Hold the squat for 5 seconds.

Wall Push Up

	 Place your hands shoulder width apart on the wall Have your feet back from the wall Slowly lower your body towards the wall then push back up by straightening your arms To progress move your feet further away from the wall To fatigue every other day
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Lunges



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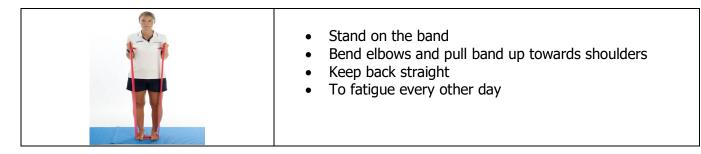
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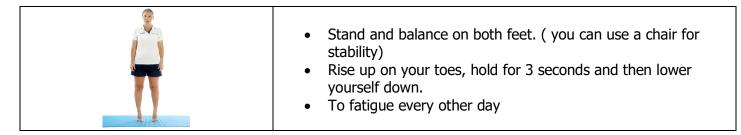
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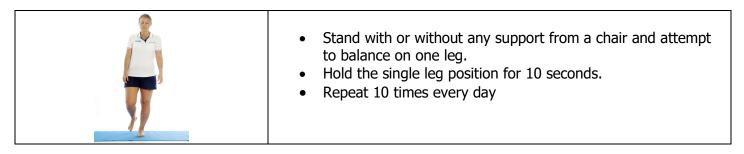
Bicep Curls



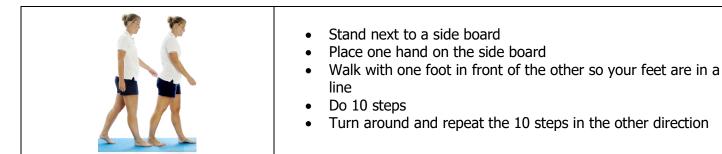
Heel Raises



Single Leg Balance



Heel to Toe Walking



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