

5 facts about bone health

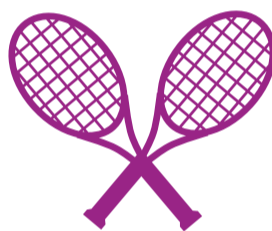
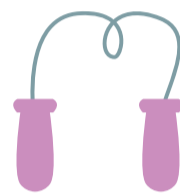
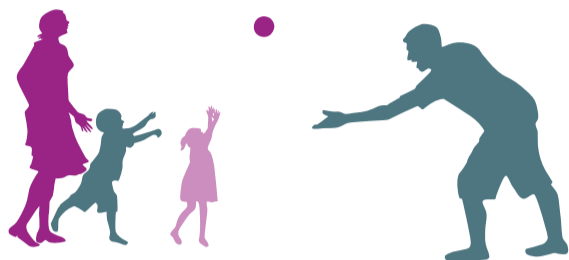


1

Strong bones start in childhood

Behavioural patterns set in infancy and childhood that lead to good bone health in later life include:

- undertaking weight-bearing activities
- developing strong muscles and being physically active
- participating in enjoyable physical activity
- exercising together as a family.

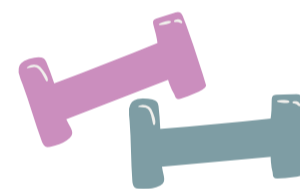


2

Resistance exercise is safe and necessary in adolescence

Physios are sufficiently skilled to teach teenagers and their parents about:

- correct technique
- safe loading and progression
- ways to incorporate exercise into their lives.



3

Young people with disabilities can have a high risk of developing osteoporosis

Physios are well placed to foster behaviours to optimise bone strength by:

- encouraging mobility to avoid secondary osteoporosis
- implementing a program to facilitate loading (eg, use of a standing frame for those unable to stand independently)
- maintaining and improving muscle and bone health to improve quality of life.



4

Bones love exercise but only when it is partnered with sufficient energy intake

Physios must educate their clients about the importance of energy intake when exercising to ensure they have sufficient fuel needed to:

- exercise
- recover effectively
- perform daily activities
- avoid poor performance, mood and injury.



5

Yoga can improve bone health in older adults

Many physios play a role in prescribing and delivering yoga programs that can:

- protect bones
- reverse osteoporotic bone loss
- improve strength and balance
- increase feelings of wellbeing, which enhances exercise compliance.



Sponsored by:

FlexEze
Flexible Active Pain Relief

Proudly brought to you by:



Physiotherapy
Research
Foundation