

Osteoporosis & Osteopenia

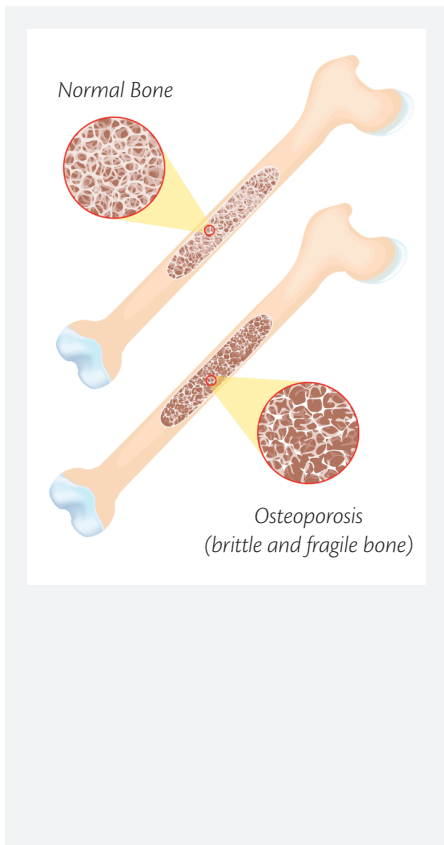


The conditions

- Reduced Bone Mass
- Compression Fractures in Vertebrae
- Deficiency in Calcium, Vitamin D

+ Rehab + Pilates + Physio + Injury Prevention + Gym





Osteoporosis

A condition characterised by brittle and fragile bones, that can lead to increased risk of fractures.

Osteopenia

The early stage of osteoporosis but doesn't necessarily progress to full osteoporosis.

Who gets osteoporosis?

Risk factors that may contribute to the problem include:

- Smoking, alcohol
- Sedentary lifestyle or long periods of immobilization
- Genetics
- Long term medications
- Menopause
- Poor nutrition- Low calcium and Vitamin D intake
- Older age (>50yrs)
- Female > Male

How do you know you have osteoporosis?

Usually, there are no symptoms, but having a bone fracture which under normal circumstances shouldn't have caused one – for instance a sneeze causing a fractured rib can be a sign. Sometimes, there may be generalized body pain, which is deep in nature. Bone scans can give an indication also.

How do I prevent osteoporosis?

As you grow older there is a natural regression of bone mass leading to a

risk of osteoporosis. Hence, building and maintaining your bone strength during your lifetime is important.

exercise

Exercise daily for about 20-30 minutes. The exercise routine should include:

- Weight bearing exercises.
- Muscle strengthening exercises.
- Balance training.

Diet

A balanced diet with high calcium and Vitamin D inputs. Vegetables such as Broccoli, Bok Choy and Beans like Kidney and Chickpeas are high in calcium. Dairy products are high in Vitamin D.

Reduce the risk of falling

Work on your balance and core strength. Also consider other factors such as:

- Whether you have surfaces that might be slippery such as the back steps.
- Obstacles especially those low to the ground where you may forget to look.
- Lighting – the majority of falls happen at night when people are reluctant to turn on the light.
- Clothing that you may get your foot caught in.
- Footwear – choose shoes that provide more stability.

What we can do to help

We can assess by doing:

- An assessment of the musculoskeletal systems in terms of your postural strength and evaluate your risk of falling.
- A specific exercise programme designed to match your routine to allow for 2 to 3 sessions of 30 minutes each per week.
- Progressions of the exercise programme is made as you develop your strength and balance and to keep the routine fun and interesting.

Your local Active+ clinic:

Copyright © Active Ltd 2017. This information is general advice only and is not intended to replace a medical consultation.

0800 22 44 86 www.activeplus.co.nz

+ Rehab + Pilates + Physio + Injury Prevention + Gym

