

DO IT RIGHT! AND PREVENT FRACTURES!

The Bone-Healthy
Way of Life and
Exercise



Everyday Activities Keep your back straight. Avoid rounding your spine and shoulders.

General Lifting



Stand with feet a little wider than hips, knees in line with middle toes. Squat to lift. Hinge at hips, chest lifted, shoulders back and down. Bring object as close to you as possible.

Brushing Teeth



Keep spine long and straight, chest lifted and knees bent. Hinge at the hips instead of rounding the back to bend towards the sink.

Driving



When backing up, reach right hand behind passenger headrest to brace yourself and keep chest lifted as you rotate.

Exercising Considerations for exercise. Avoid rounding and twisting your spine.

Core Strengthening



Avoid all forms of crunches. Do core control by pulling in abdominals as you bring one leg to 90° while pressing lower back down. Alternate touching toes to the floor.

Spinal Twisting



Avoid extreme seated or supine spinal twists. Gently rotate the pelvis and legs keeping shoulder blades on the floor.

Spinal Stretching



Avoid yoga Forward Fold and Pilates Spine Stretch. Do seated chest stretch supported by arms.

For more tips and exercises, order the complete prevention booklet by visiting americanbonehealth.org



American Bone Health is proud to have the endorsement of the Bone Health Special Interest Group of the Section on Geriatrics, American Physical Therapy Association, for this work.