

## 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

#### 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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## 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.
- To fatigue every other day

## 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

## Lunges



- One foot in front of the other, up on back heel
- Lower down and up, keep knee in line with second toe
- Repeat until fatigue, every other day

## Bicep Curls



- Stand on the band
- Bend elbows and pull band up towards shoulders
- Keep back straight
- To fatigue every other day

## Heel Raises



- Stand and balance on both feet. ( you can use a chair for stability)
- Rise up on your toes, hold for 3 seconds and then lower yourself down.
- To fatigue every other day

## Single Leg Balance



- Stand with or without any support from a chair and attempt to balance on one leg.
- Hold the single leg position for 10 seconds.
- Repeat 10 times every day

## Heel to Toe Walking



- Stand next to a side board
- Place one hand on the side board
- Walk with one foot in front of the other so your feet are in a line
- Do 10 steps
- Turn around and repeat the 10 steps in the other direction