

Orthogo Physical and Aquatic Therapy Newsletter

Coming Soon

*Questions to ask
your doctor before
surgery.*

Clinics

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Aquatic Therapy**
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END OSTEOPOROSIS - EXERCISE HELPS

Osteoporosis is a disease that causes bones to lose density and weaken as the body ages. If you have osteoporosis, you are more likely to experience bone fractures. This serious problem leads to more than one million broken bones each year in the United States! Women are more likely to develop osteoporosis than men, but men can also fall victim to this disease.

The good news is that you can reduce your risk of developing osteoporosis by participating in a regular exercise program. It is never too late to start making your body stronger. The type of exercise that is best for preventing osteoporosis is called weight bearing exercises.

Weight bearing exercises include:

- » Walking
- » Dancing
- » Gardening
- » Stair Climbing
- » Carrying groceries
- » Exercises performed with elastic bands
- » Lifting dumbbells

You might see some of these exercises and think, "I can't do that!" Just go ahead and do what you can. Even lifting a 1 pound weight or walking around your yard can help make you stronger over time.

It's a good idea to talk to a physical therapist, to learn how to create a safe and fun exercise program. They can help you choose exercises you like to do and then help you stick with it. Not only will you make your bones stronger, you'll also lower your risk of developing many other diseases, improve your posture and balance, and increase your mobility.

A word of caution: If you have had a fracture in the past or have been diagnosed with osteoporosis, you need to be very careful when exercising. Talk to your doctor or physical therapist to determine which types of exercise are best for you.



"It is a good idea to talk to a therapist about an exercise program."