



Fracture Prevention for Daily Activities

Performing daily activities correctly is just as important as choosing the right exercises if you have low bone density. Try the postures below or view the video tutorials to see if you are performing your everyday activities correctly!

Fracture Prevention Tips:

● Spine Protection

Avoid rounding forward and excessive twisting

● Hip + Wrist Protection

Practice balance and standing on one leg regularly to prevent falls

If you have low bone density, you may be at risk for fracture:

● Strengthening the muscles of your mid-back and legs has been shown to be most effective for building bone and fracture prevention.

● Posture and Balance Exercises

Posture correction and dynamic balance challenges have been shown to be effective in fall and fracture prevention.

EVERYDAY ACTIVITIES

Keep your back straight.
Avoid rounding your spine & shoulders.

General Lifting:



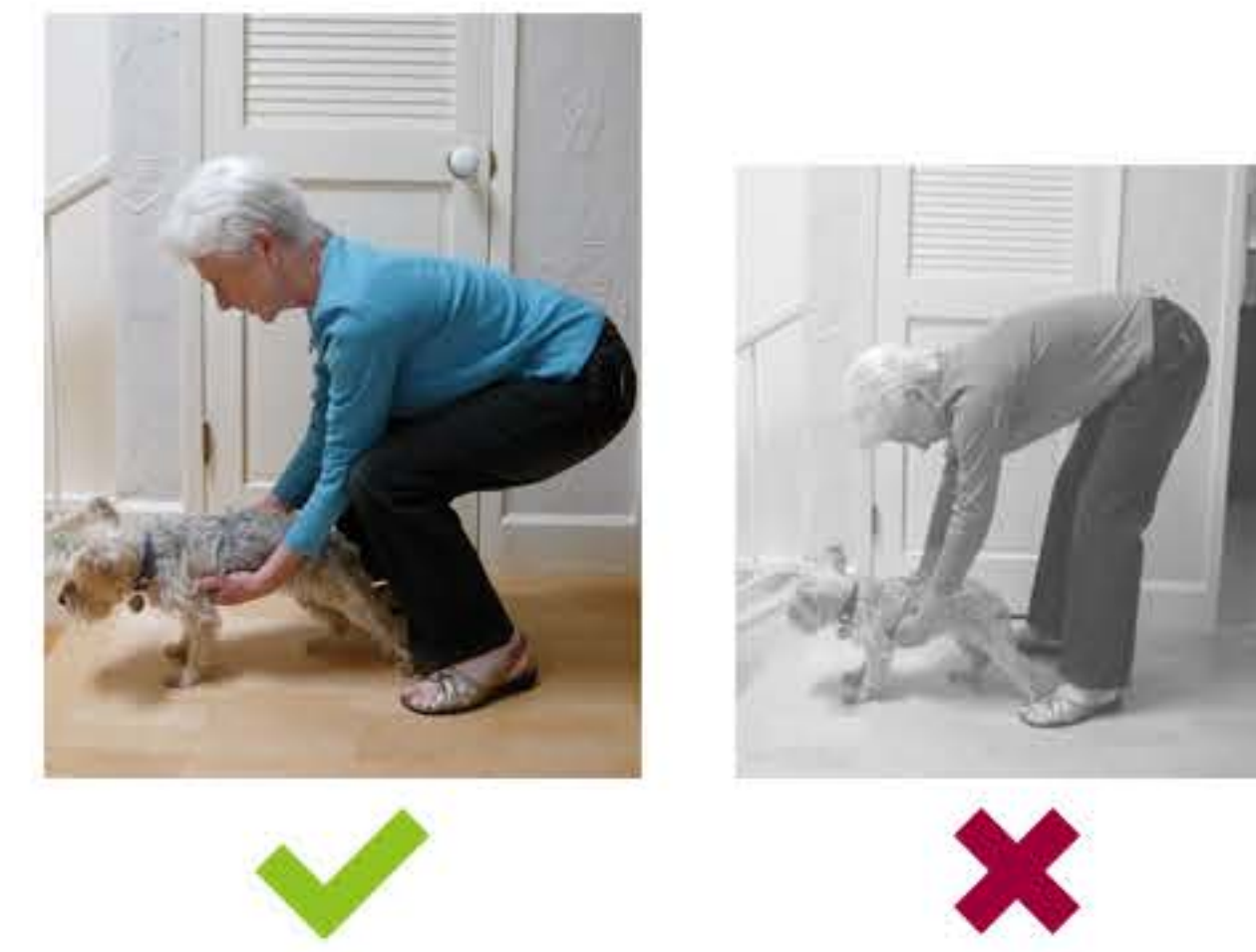
Stand with your feet a little wider than your hips, keep knees in line with middle toes as you squat to lift an object. Hinge at the hips, keep the chest lifted, shoulder blades back and down and bring the object as close as possible to you.

Unpacking Groceries:



Keep spine lengthened and straight, chest lifted and knees bent. Rest knees against bumper to brace your body. Hinge at the hips instead of rounding the back to reach into trunk. Lift one bag at a time, keep shoulders back and be sure to watch where you are going.

Lifting a Pet:



Stand with your feet a little wider than your hips, keep knees in line with middle toes as you squat to lift a pet or child. Hinge at the hips, keep the chest lifted, shoulder blades back and down and bring the pet or child as close as possible to you. Avoid lifting children who can walk.

Brushing Teeth:



Keep spine lengthened and straight, chest lifted and knees bent. Rest knees against bumper to brace your body. Hinge at the hips instead of rounding the back to bend towards the sink.

The Oven:



Keep spine lengthened and straight, chest lifted and knees bent. Hinge at the hips instead of rounding the back to reach into the oven. Use oven mitts for better control of a heavy dish. Drag the dish close to the edge. "Setting" the shoulder blades down and back, draw the object out of the oven.

Washing the Dishes:



Keep spine lengthened and straight, chest lifted and knees bent. Rest knees against bumper to brace your body. Hinge at the hips instead of rounding the back to bend towards the sink.

Making the Bed:



Keep chest lifted, tailbone lifted and brace knees against bed.

Gardening:



Use a pad or sit on a small stool to garden. Hinge at the hips, keeping the chest lifted and the spine straight to reach the ground. When standing, avoid locking the knees and also avoid bending forward at the waist rounding your back to work in your garden.

Driving:



When checking behind, 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 cruches, instead practice core control by drawing in abdominals as you bring one leg at a time to a 90 degree angle and press lower back down. Alternate touching toes to the floor.

Spinal Twisting:



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

Spinal Stretching:



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

Postural Strengthening:



Avoid yoga Cat Stretch and all rounded back stretches. Instead practice "All 4s" opposite arm and leg raises to strengthen upper back and hips.

Spine Strengthening:



Avoid yoga Plough, Shoulder Stand, Pilates Rollover and Jackknife. Instead do yoga Cobra, Pilates Swan or Pilates Modified Double Leg Kick.

Abdominal Strengthening:



Avoid Pilates Rollup and Hundred. Instead do Pilates Single Leg Kick with lower abdominals supporting the back.

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