

Backbone fracture from weak bones (osteoporosis)

Osteoporotic compression fracture of the spine



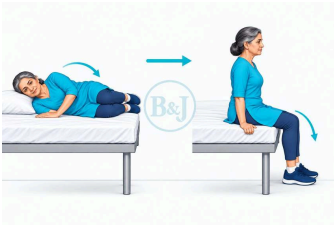
Count the weeks from the day of your injury. The date is on your prescription.

If your doctor wrote a different plan on your prescription, follow that instead of this page.

Weeks 0–2

Rest for a short time, then start walking early: short walks, often, a little further each day. Take the pain medicines regularly so that you can move. Use the brace for comfort, if we gave you one. Get in and out of bed by rolling onto your side, as shown. Move through the stages as the pain allows: they are a guide, not a timetable. Do the lying exercises on your bed, not on the floor.

Weight bearing Full, as the pain allows. Use a walker or a stick at first if you feel unsteady.



Getting out of bed: log roll

Bend the knees. Roll onto your side in one piece, shoulders and hips turning together. Let the legs slide off the bed as you push yourself up to sitting with your arms. Do the same in reverse to lie down.

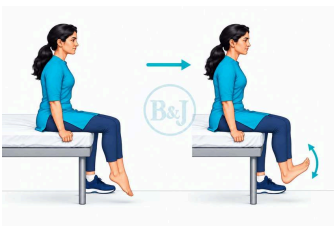
Every time

✓ Should feel

The back staying still

✗ Should not feel

Twisting, or sitting straight up from lying on your back



Ankle pumps

Pump the feet up and down to keep the blood moving.

20 times

Every hour while awake

✓ Should feel

The calf working

✗ Should not feel

Calf pain or swelling — tell us



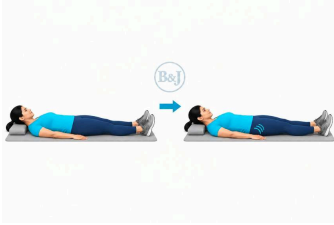
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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Closed on Sunday. Urgent injury such as a fracture or dislocation? Please call first.



Buttock squeeze

Lie on your back with the legs straight. Squeeze the buttocks together, hold, then relax.

Hold 5 seconds

10 times

3 times a day

✓ **Should feel**

The buttocks tightening

✗ **Should not feel**

Back pain



Walking

Weight-bearing walking loads the bone and helps it stay strong.

Little and often

Every day

✓ **Should feel**

Comfortable exercise

✗ **Should not feel**

Sudden back pain — stop and tell us

Not yet Bending forward, twisting, or lifting anything heavier than a full glass of water. Hard massage or oil massage on the back, or treatment by a bone-setter. Riding a two-wheeler, even as a pillion. Sitting on the floor, squatting or using an Indian toilet — until we have told you it is safe.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Weeks 2–6

The pain usually eases over these weeks. Walk a little further each day. Sit and stand tall; a firm chair with arms is easier to get up from than a low sofa. Make the home safe against falls: good light at night, no loose mats or wires, a grab rail by the toilet, and footwear with a good grip, indoors as well. Bone-strength (osteoporosis) treatment is part of the plan. Carry on with the earlier exercises.

Weight bearing Full.



Wall posture hold

Back against a wall, heels a few inches away. Bring buttocks, upper back and the back of the head to the wall. Draw the chin gently back.

Hold 10 seconds

5 times, daily

✓ **Should feel**

The upper back opening out

✗ **Should not feel**

Forcing the head back if it will not reach



Shoulder blade squeeze

Squeeze the shoulder blades together and down.

10 times

Daily

✓ **Should feel**

The upper back working

✗ **Should not feel**

Shrugging



Standing hip abduction

Hold a chair. Lift the leg out to the side, keeping the body upright.

10 times

Daily each side

✓ **Should feel**

The side of the hip working

✗ **Should not feel**

Leaning over



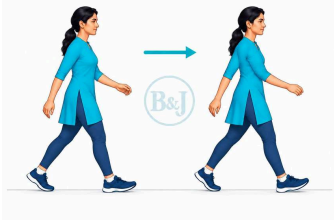
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Walking

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20 minutes

Most days

✓ Should feel

Comfortable exercise

✗ Should not feel

Sudden back pain — stop and tell us

Not yet Bending forward, twisting, or lifting anything heavy, such as a bucket of water. Sweeping or mopping the floor bent over. Hard massage or oil massage on the back, or treatment by a bone-setter. Riding a two-wheeler. Sitting on the floor, squatting or using an Indian toilet — until we have told you it is safe.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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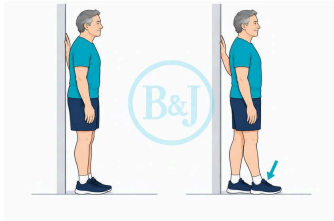
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Weeks 6–12

The pain usually keeps settling over these weeks. Now build leg strength and balance: a fall is what most often causes the next fracture. Do the balance exercises beside a wall or worktop. Carry on with the earlier exercises.

Weight bearing Full.



Heel-to-toe stand

Stand beside a wall or counter with one hand resting on it. Place one foot directly in front of the other, heel touching toe. Look ahead at a fixed point, not at your feet.

Hold 10–30 seconds

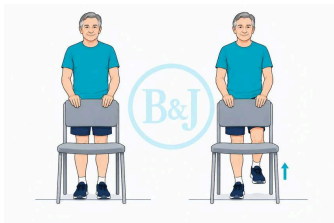
Twice each side, daily

✓ **Should feel**

Steady, with support within reach

✗ **Should not feel**

Practising in the middle of a room



One-leg stand

Hold a counter or sturdy chair with one hand. Lift one foot just clear of the floor, keeping the standing knee soft. Look ahead at a fixed point.

Hold 10–30 seconds

Twice each leg, daily

✓ **Should feel**

Steady balance improving week by week

✗ **Should not feel**

Holding your breath — count out loud instead



Standing hip extension

Hold a chair. Take the leg backwards, keeping it straight.

10 times

Daily each side

✓ **Should feel**

The buttock working

✗ **Should not feel**

Arching the back



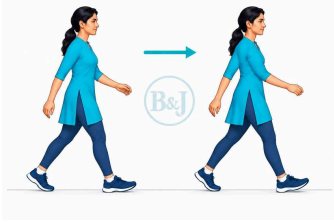
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Walking

Weight-bearing walking loads the bone and helps it stay strong.

30 minutes

Most days

✓ **Should feel**

Comfortable exercise

✗ **Should not feel**

Sudden back pain — stop and tell us

Not yet Lifting anything heavy. Bending forward to pick things up from the floor: use a long-handled grabber, or ask for help. Forward-bending exercises or yoga poses, such as touching the toes or sit-ups. Sitting on the floor, squatting or using an Indian toilet — until we have told you it is safe.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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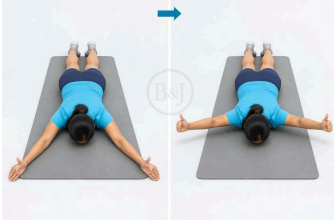
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Month 3 onwards

Keep walking, and keep the back, balance and leg exercises going for good: strong back muscles help hold the spine upright, and good balance helps prevent another fall. Go back to household work a little at a time. Do the exercise lying on your front on the bed, not on the floor, and only if that position is comfortable.

Weight bearing Full.



Lying Y and T raises

Lie face down, forehead resting down. Lift both arms overhead in a Y with the thumbs up, then out to the sides in a T.

10 of each

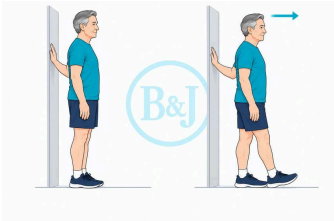
Daily

✓ Should feel

Between and below the shoulder blades

✗ Should not feel

Strain in the neck, or the lower back



Heel-to-toe walk

Walk along a wall you can touch. Place the heel of one foot directly in front of the toes of the other. Eyes ahead, not on your feet.

10 steps

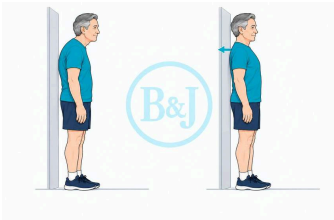
2–3 times, daily

✓ Should feel

Controlled steps

✗ Should not feel

Turning quickly — turn slowly in small steps



Wall posture hold

Back against a wall, heels a few inches away. Bring buttocks, upper back and the back of the head to the wall. Draw the chin gently back.

Hold 20–30 seconds

5 times, daily

✓ Should feel

The upper back opening out

✗ Should not feel

Forcing the head back if it will not reach



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Walking

Weight-bearing walking loads the bone and helps it stay strong.

30 minutes

Most days

✓ Should feel

Comfortable exercise

✗ Should not feel

Sudden back pain — stop and tell us

Not yet Heavy lifting, forward-bending exercises such as touching the toes or sit-ups, and sudden twisting. Sitting on the floor, squatting or using an Indian toilet — until we have told you it is safe.

Stop and telephone us if

- New weakness or numbness in the legs, or a change in control of urine or stools — go to the nearest hospital
- Sudden new or much worse back pain, for example after a cough, a bend or a small strain
- Back pain that keeps getting worse despite the pain medicines
- A fall
- The calf becomes swollen, tight or painful
- You feel unwell or feverish



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