

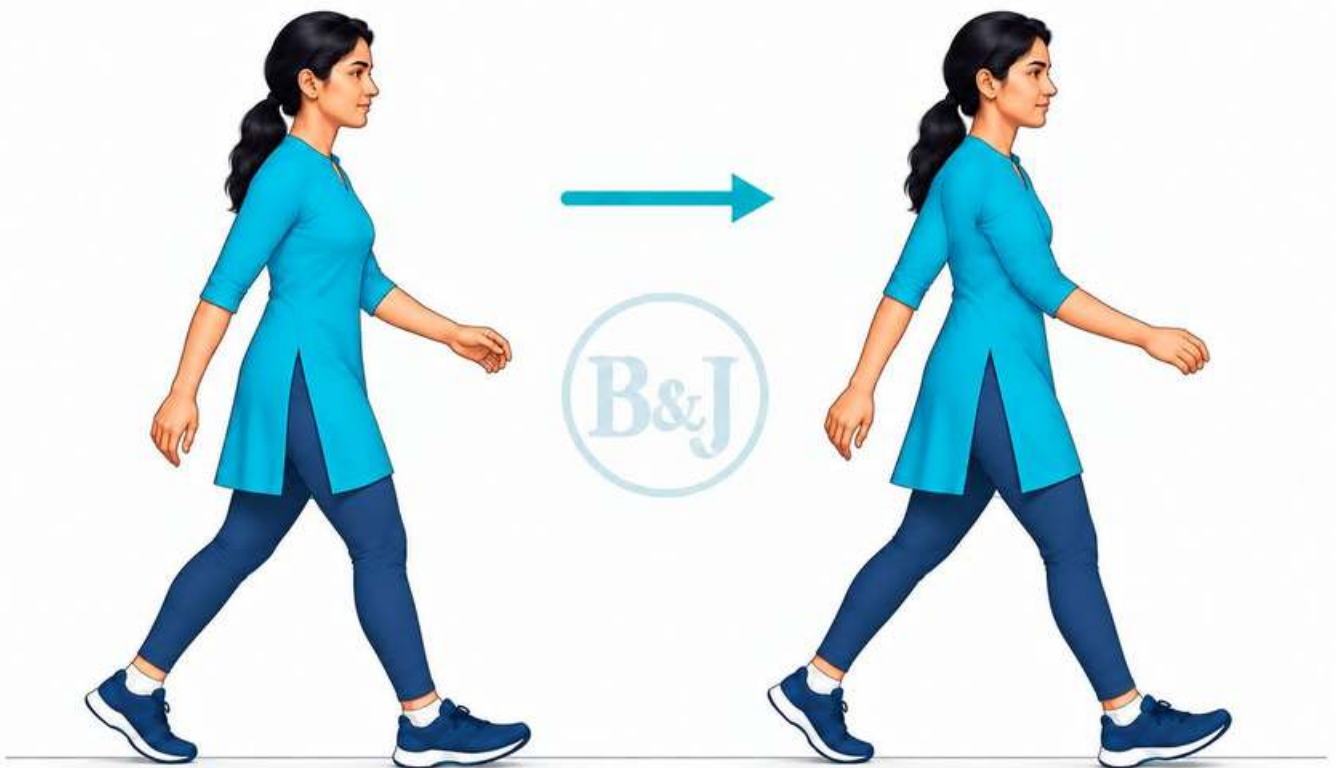
Bone strengthening and balance exercises

Osteoporosis



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Walking



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

30 minutes**Most days****✓ Should feel**

Comfortable exercise

X Should not feel

Sudden back pain — stop and 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 · Sunday by prior appointment only

2

Single-leg balance



Stand on one leg beside a worktop. Balance prevents falls, and preventing falls prevents fractures.

30 seconds

3 times a day

✓ Should feel

Working to stay steady

X Should not feel

Losing balance — hold on



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3

Heel-to-toe walking



Walk heel to toe along a line, beside a support.

10 steps

Daily

✓ **Should feel**
Steadier walking

✗ **Should not feel**
Wobbling — use the wall



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4

Standing hip abduction



Lift the leg out to the side, holding a support.

15 times

Daily

✓ **Should feel**

The hip working

✗ **Should not feel**

Back pain



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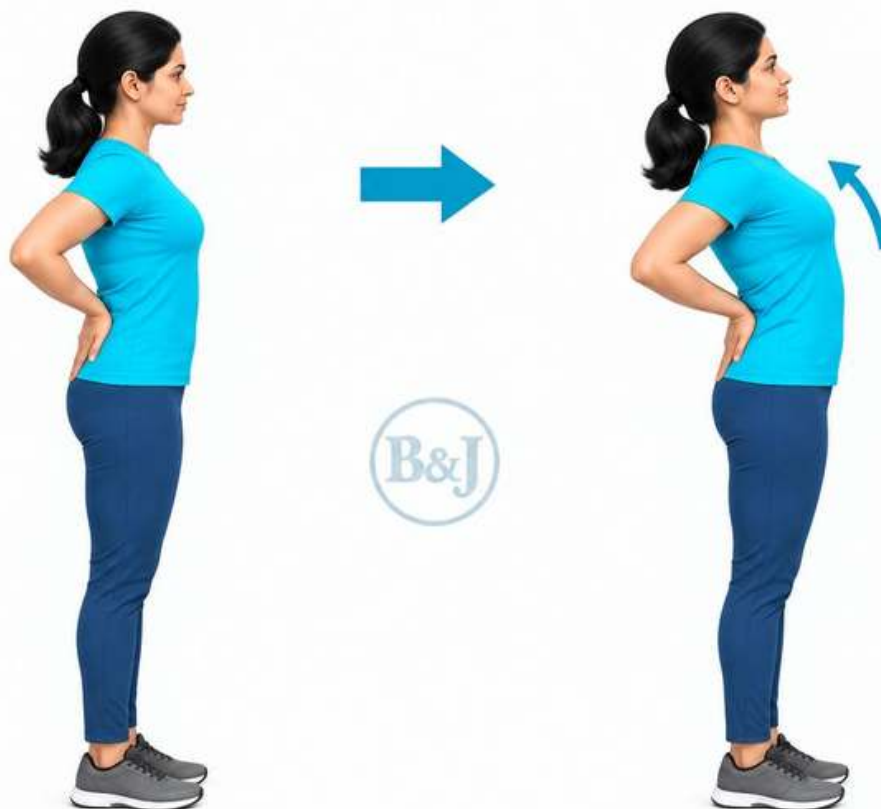
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5

Standing back extension



Gentle backward lean, hands on the lower back.

10 times

Daily

✓ **Should feel**

The upper back opening

✗ **Should not feel**

Sharp pain — stop

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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