

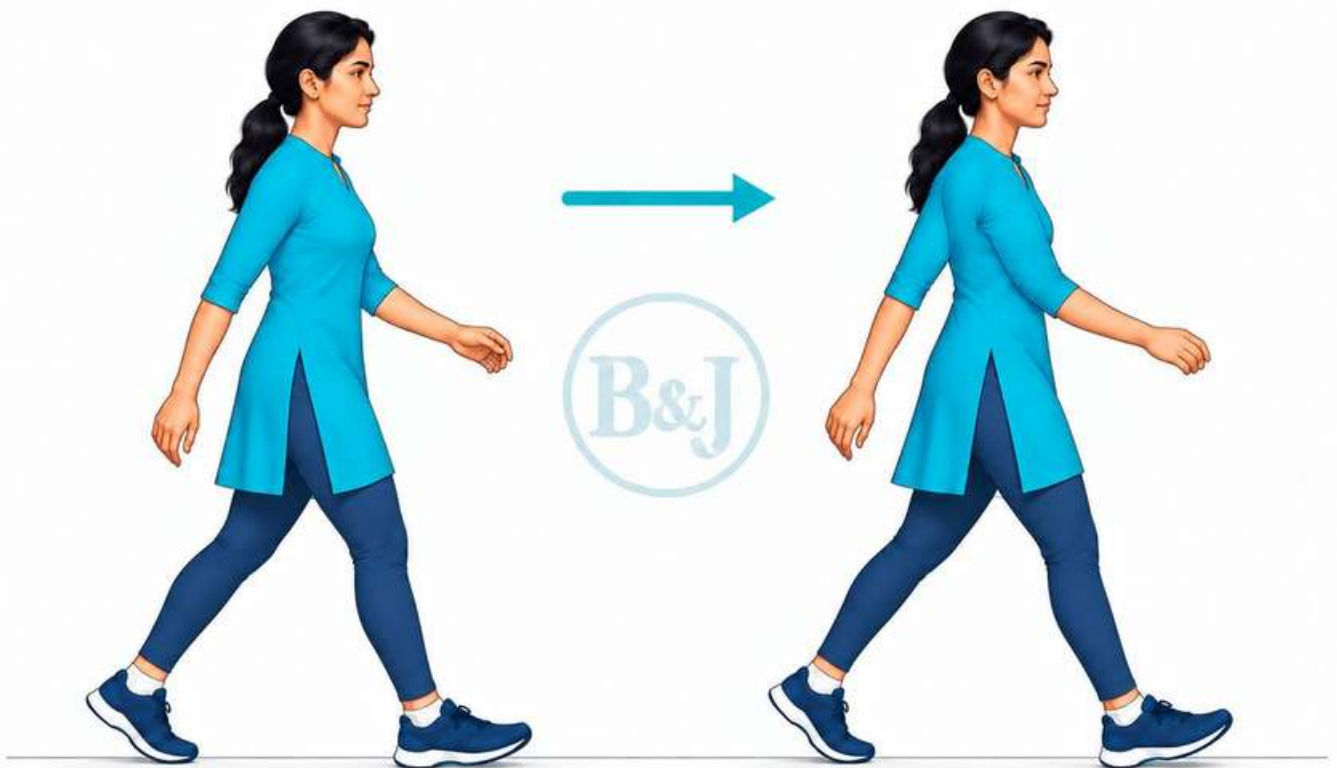
Bone strengthening exercises

Vitamin D deficiency



How to use this sheet. Start gently — deficient muscles tire quickly. Build up over weeks as the treatment takes effect. The tablets and the exercise work together; neither alone is enough.

1 Walking



Walk daily in the morning sun where you can — you get the loading and the sunlight together.

20–30 minutes**Most days****✓ Should feel**

Gradually easier walking

X Should not feel

Exhaustion — build up slowly



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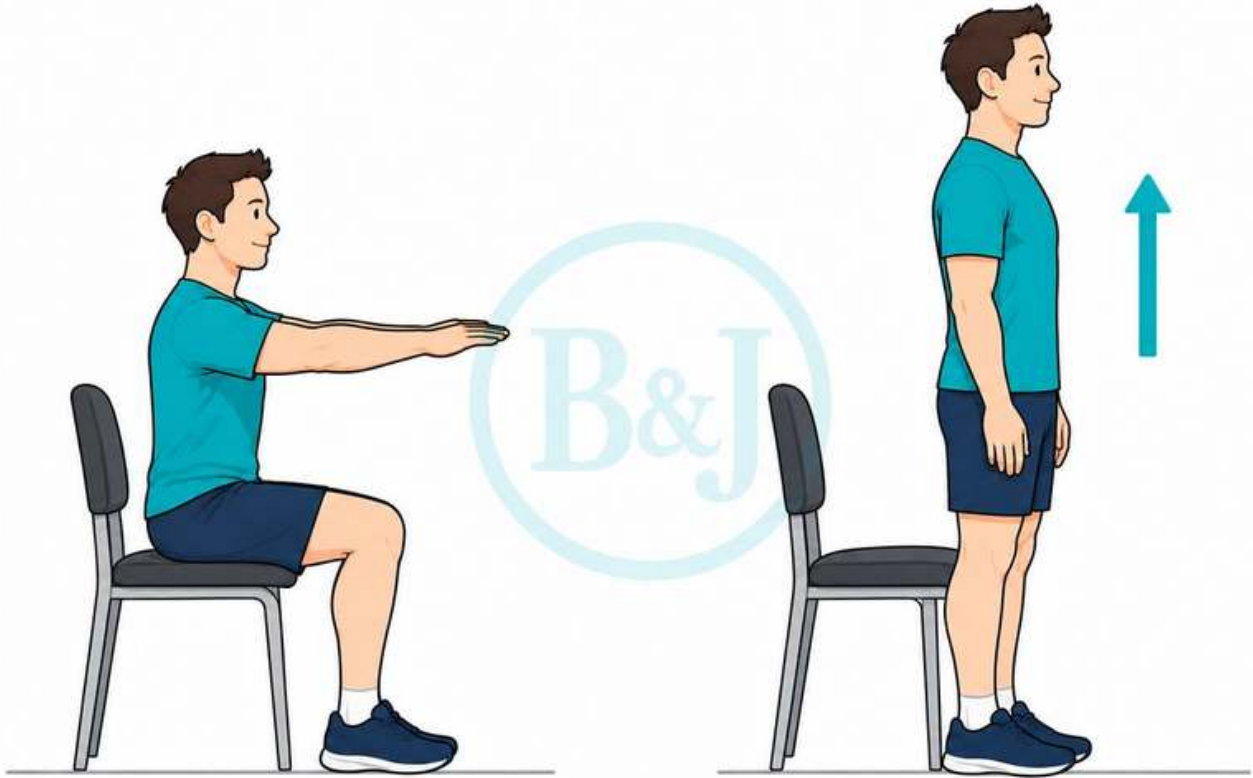
Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

Sit to stand



Stand up from a chair without using your arms, then sit down slowly. This is the muscle most affected.

10 times

3 times a day

✓ **Should feel**

The thighs working

✗ **Should not feel**

Needing your arms — use a higher chair first



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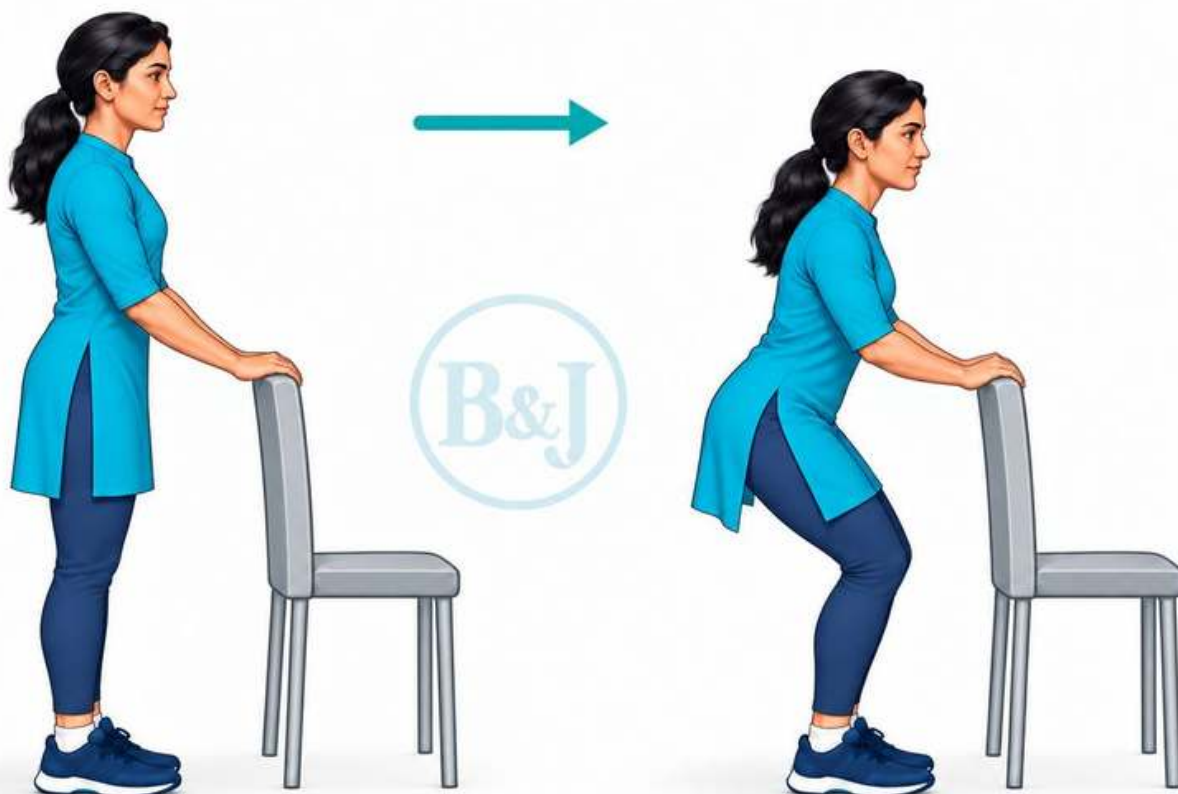
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3

Mini squat



Hold a support and bend the knees a little way.

10 times

Daily

✓ **Should feel**

The thighs working

✗ **Should not feel**

Knee pain



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4

Single-leg balance



Stand on one leg beside a worktop.

20 seconds

3 times a day

✓ **Should feel**

Working to stay steady

✗ **Should not feel**

Losing balance — hold on



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5

Shoulder blade squeeze



Squeeze the shoulder blades together and down.

10 times

Daily

✓ **Should feel**

The upper back working

✗ **Should not feel**

Shrugging



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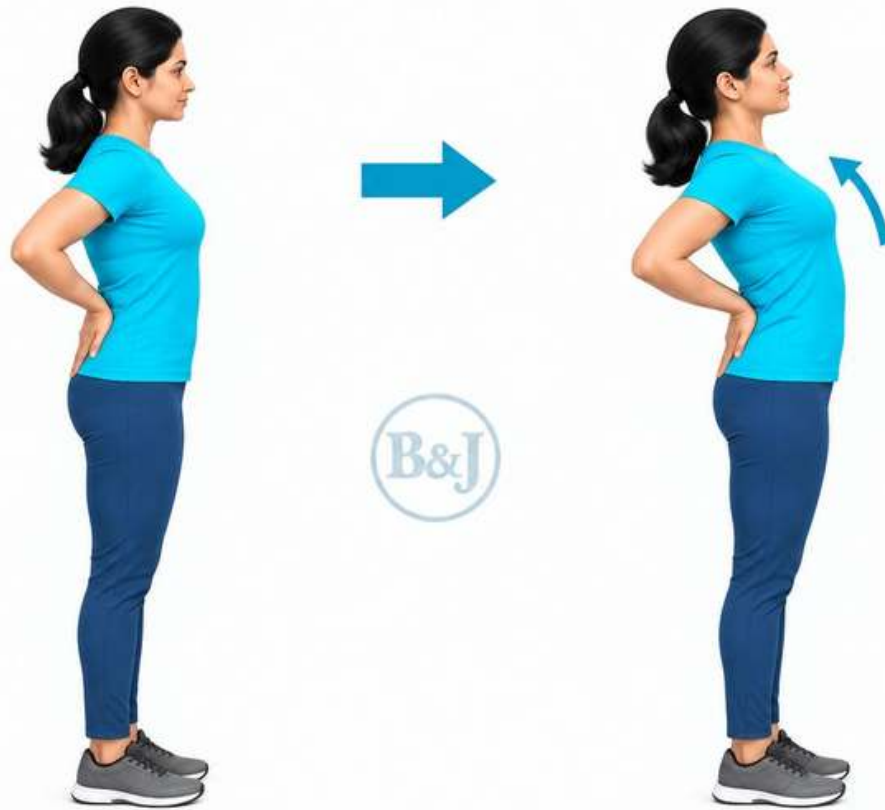
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6

Standing back extension



Hands on the lower back, lean gently backwards.

10 times

Daily

✓ **Should feel**

The back opening out

✗ **Should not feel**

Sharp pain — stop

Stop and telephone us if

- Sudden severe back pain — this may be a fracture
- Increasing weakness rather than improving strength
- Bone pain that is getting worse despite treatment
- A fall



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