

Bone loading exercises are recommended for the prevention and treatment of osteoporosis. However, there are a few exercises that should be avoided if you have Osteoporosis.

If you would like more information call the National Osteoporosis Society **0845 130 3076** or go online **nos.org.uk**

For more information about Healthy Eating and Physical Activity for Older People in Falls Prevention see separate leaflets.

References:

National Osteoporosis Society, British Heart Foundation (bhf.org)

Fall and Fracture Prevention service

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Healthcare**
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The Falls and Fracture Prevention service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley and its neighbouring boroughs.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

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Healthy bones

Falls and Fracture Prevention service

Keeping our bones healthy is important

Our skeleton supports our body, keeps the internal organs in place and protects them, and with the muscles and nervous system enables us to move.

Bones store vital minerals – calcium and phosphorus and some bones produce red blood cells.

How can we do this?

- Eating a healthy diet (to maintain an ideal weight and get enough calcium)
- Get enough vitamin D so our bodies can absorb the calcium we eat. (Sunshine/supplements)
- Stop smoking
- Reduce excessive alcohol intake
- Take sufficient exercise – weight-bearing exercise helps to strengthen and build bone

Exercise and bone health

Bone is a living tissue that reacts to increases in loads and forces by growing stronger.

A bone loading exercise is any exercise in which you are supporting your own body weight through your feet and legs (or hands and arms) Such as stair climbing, dancing and tennis.

By carrying out exercises that load the bones above the normal level we can make our bones even stronger and help counteract normal age related changes to our bone density and strength.

You can also use additional force by uses elastic exercise bands or weights.

Sedentary Behaviour

Sedentary behaviour includes all the time you are sitting or lying down while awake and that typically requires low energy expenditure.

More evidence is emerging to say even if you are regularly active and getting your 2½ hours of physical activity a week spending lots of time sitting down can be bad for your health.

Sedentary behaviour tends to increase with age. It has been associated with an increase risk of type 2 diabetes, heart and circulatory disease, as well as obesity, weight gain and risk of falling.

It is recommended we break up periods of prolonged sitting. If you are watching television every time an ad break comes on get up and have a walk to the kitchen and back or walk up and down the stairs, or when reading book at the end of each chapter spend a minute or two on a physical activity.

Physical activity can decrease the risk of falling, decrease depression, stress, increase general flexibility, help to control blood pressure, relieve arthritis and prevent Osteoporosis and improve the quality of sleep.

Osteoporosis

‘Porous bone’ sometimes referred to as ‘brittle bone disease’ occurs when the struts which make up the mesh-like structure within bones becomes thin causing them to become fragile and break, after a minor bump or fall.

The bones of the wrist, hip and spine are most commonly affected.

In addition to lifestyle choices your risk of developing Osteoporosis fragility fractures is determined by a number of factors, such as genes, age, race, gender and some medical conditions for example Rheumatoid arthritis, hyperthyroidism.