

# KEEPING LIFE IN MOTION: PHYSIOTHERAPY & BONE HEALTH

Episode 9 with Bonny O'Hare

## The Impact of Osteoporosis



- Affects millions of older adults, leading to fractures and loss of independence.
- Spine (vertebral) fractures are common and life-changing.
- Many patients avoid activity fearing worse health, but inactivity raises risks.
- Prevention is possible—exercise, physiotherapy, nutrition, and medication can reduce fracture risk by 40–70%.

## The Powerful Role of Physiotherapy

Provides comprehensive assessment: medical history, bone density, posture, pain, comorbidities

Builds both strength and confidence, addressing fears about exercise

Uses physical performance measures (gait speed, grip strength, balance) to tailor programs

Helps patients regain independence, avoid further fractures, and return to daily activities



## Exercise That Makes a Difference

Safe exercise empowers independence and bone health.

Resistance training → strengthens muscles (weights, bands, body weight).

Impact/weight-bearing exercise → supports bone health (start low, go slow).

Balance training → prevents falls (e.g., standing on one leg safely).



## Practical Tips for Living Well with Osteoporosis

- 1 Think long-term – Exercise isn't a quick fix; it's part of lifelong bone health.
- 2 Start low, go slow – Begin with light weights or simple movements, then build intensity over time.
- 3 Use reliable resources (i.e., *Osteoporosis Canada*, *International Osteoporosis Foundation*, *National Osteoporosis Foundation*)
- 4 Get reassessed regularly by your physiotherapist – this can reduce fall risk and ensure exercises remain effective .