



Osteoporosis Canada

Ostéoporose Canada



## **COPING**

### **‘A newsletter from COPN’**

### **May 13, 2010**

***Remember: You can live well with osteoporosis!***

If you have received this newsletter from the Canadian Osteoporosis Patient Network (COPN)  
You are a COPN member

1. Thought for Today
2. Safe Movements with Osteoporosis – **\*\*FEATURE ARTICLE\*\***
3. Funny Bone
4. Notices/references

---

Today's topic is **Safe Movements**. People with osteoporosis, osteopenia and even healthy bones must get into the habit of moving safely to protect their backs. It is smart to practice proper body mechanics for all activities – work, play and even rest. The following recommendations are especially important for those at high risk for fracture.

#### **Standing:**

- Stand straight – belly in, shoulders back, chin in and head high.
- If you are standing for a long time, put one foot up on a stool or in an open cupboard. Alternate between feet.

#### **Sitting:**

- Use a rolled towel or pillow to support the arch in your back.
- Try to keep your hips and knees at the same level or the knees slightly higher.
- If your feet cannot rest flat on the floor, use a small footstool.

- To stand move your hips forward to the front of the chair and use your leg muscles to lift yourself up.
- When reading, do not lean over your work. Prop a clipboard so it slants toward you like a drafting table.

### **Bending and lifting:**

- Keep your feet at shoulder-width apart.
- Keep both arms low against your side.
- Keep your lower back straight.
- To lift items hold them against your waist.
- If you have suffered a fracture of your back, take extra care when lifting things that are 10 pounds or more in weight. Discuss your risk of injury while lifting with your doctor or physiotherapist.

### **Tying your shoes**

- Sit down and bring one foot to rest on a stool
- Keep your lower back straight and lean forward from the hips to reach your feet.

### **Grocery shopping:**

- Request that your bags be packed light.
- Divide heavy items into separate bags.
- Always hold bags close to your body.
- You may also put bags in a cart with wheels to transport them from store to home or from the car into the house.
- When unpacking, place your bags on a chair rather than on the counter or floor. This limits unnecessary lifting and twisting of the spine.

### **Vacuuming, gardening and other chores:**

- Maintain proper body alignment
- Keep arms close to your sides
- Always face your work directly to keep from twisting your back
- Keep your feet with one foot in front of the other. Shift your weight from one leg to the other to move the vacuum, broom, mop or rake back and forth.
- Lean forward from the hips and bend at the knees, instead of the waist.
- Avoid polishing floors to a high gloss which will make them very slippery.
- An "all fours" position is a safe way to work in low areas. Be sure you can safely get up and down from the position.
- In the bathroom, use a scrub brush or sponge on a long handle. This allows you to scrub in an upright position while keeping your back straight and bending from the hips.

*Thanks to the Dartmouth Osteoporosis Multidisciplinary Education Program for the right to use this material from their booklet 'Bone Up on Osteoporosis'.*

---

## **Funny Bone:**

Just two of us for dinner,  
Romantic to a fault –  
You watch my fiber intake  
And I will watch your salt!

---

## **Notices/References**

i. Remember: It is important for you to eat a healthy diet, get some appropriate exercise, take your calcium and vitamin D and if your doctor has prescribed a medication don't forget to take it as directed.

---

ii. COPING Weekly will come to you every second Friday. We hope you enjoy it and find the information useful. Don't forget to log on to [www.osteoporosis.ca](http://www.osteoporosis.ca) for up-to-date information.

---

iii. The material contained in this newsletter is provided for general information only. It should not be relied on to suggest a course of treatment for a particular individual or as a substitute for consultation with qualified health professionals who are familiar with your individual medical needs. Should you have any health care related questions or concerns, you should contact your physician. You should never disregard medical advice or delay in seeking it because of something you have read in this or any newsletter.

---

iv. To have your name removed from the COPN mailing list please contact us at the email below.

**You must provide the first and last name with which you registered in order to be removed from this list.**

[<cPatientNetwork@osteoporosis.ca>](mailto:cPatientNetwork@osteoporosis.ca)

---

v. (1)<http://www.volunteerkw.ca/index.php?MenuitemID=180>