

# TOO FIT TO FRACTURE

Evidence-Based Recommendations to Help Reduce the Risk of Fractures

## DO EXERCISES THAT CHALLENGE BALANCE

**Two or more times per week**  
Increase difficulty of exercise over time

**Balance exercises involve staying steady during movements that make you unstable. You should practice:**

- Leaning forward, backward, or side to side
- Unusual walking or dance patterns, such as walking heel-to-toe or sideways, or using an agility ladder
- Reacting to things that upset your balance, like stopping or changing directions
- Tai chi

**You should practice exercises that improve functional abilities, such as:**

- Sit to stands or squats, to make it easier to get out of a chair
- Stair climbing or toe taps on a step



tai chi



sit to stand



goblet squat

## DO EXERCISES THAT IMPROVE MUSCLE STRENGTH

**Two or more times per week**  
Increase difficulty of exercise over time

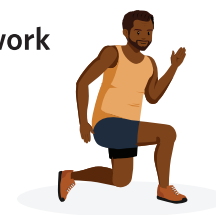
**Muscle strengthening exercises are exercises where your muscles work against resistance using high effort - it should feel like hard work!**

**You should:**

- Start with using your own body weight against gravity, and progress to using elastic bands or weights for resistance
- Include exercises for muscles that control movement of your spine and shoulders to improve your posture

**A basic muscle strengthening exercise program can include:**

- Squat, lunge, hinge, or bridge exercises to improve leg strength
- Push, pull, and press exercises for upper body and shoulder muscles, such as pull downs, rows, and counter or floor push-ups
- Planks, side planks, and bird dog exercises to target abdominal and back extensor muscles and to improve posture



body weight lunge



supported bent over dumbbell row



side plank

## CONTINUE TO DO OTHER PHYSICAL ACTIVITIES

Being physically active is important for health and wellness. Many people choose activities like yoga, Pilates, walking, dancing, and jogging to improve health or for fun.

Do them **in addition to**, not instead of, the balance and muscle strengthening exercises as previously mentioned. Be mindful of fall risk and spine safe movement for all exercise and physical activity.



yoga



pickle ball

## SPINE SAFE MOVEMENT

Safe movement applies to all physical activities in our community, at home, work or leisure and exercise. Everyday life involves bending and twisting of your spine. When bending or twisting your spine, move mindfully. People at high risk of fracture may need to limit:

- Repetitive bending and twisting
- Bending all the way forward or to the side
- Twisting all the way to the side
- Holding a bent over or twisted position for an extended period of time
- Bending or twisting while holding a weight or something heavy

For example, bend with your hips and knees instead of your spine and use slow and controlled movements.



 bending all the way forward  bending at the hips and knees

### REMINDER

The information contained on this guide is not intended to replace health professional advice. Consult your healthcare provider or a physical therapist about what exercises are right for you.

Seek advice from a physical therapist, kinesiologist, or exercise physiologist on exercise selection, intensity, and progression, or about safety of other physical activities, especially if you have had a recent fracture or if you are at a high risk of fracture. Bone Fit™ trained professionals are able to deliver safe and effective exercises for those with osteoporosis or related fractures. Locate a professional near you at: [Bonefit.ca](http://Bonefit.ca)

For more information visit  
**Osteoporosis Canada**  
[Osteoporosis.ca](http://Osteoporosis.ca)  
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