

OSTEOPOROSIS & EXERCISE

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Osteoporosis is a disorder of weak bones which results in fractures, especially in the spine and hip. Physical activity can improve muscle strength, balance, posture, and decrease the risk of fractures.

Patients with osteoporosis may be at higher risk for broken bones. Be sure to consult your physician or physical therapist to find out which exercises are safe for you.

Weight Bearing Exercises

The body works against gravity to strengthen the bones, especially in the legs, hips, and lower spine.

Ex. walking, climbing stairs, elliptical training, dancing

Strength Training Exercises

Utilizing free weights, resistance bands, or your own body to strengthen muscles and the bone. Do these exercises 2-3 times a week. Always start slow and gradually build up, being aware of any medical conditions you may have.

Balance & Flexibility Exercises

These exercises are particularly important in osteoporosis to help prevent falls.

Ex. stretching, yoga, standing on one foot, tai-chi

Example Exercise



Chair Rise

1. Keep chair positioned against the wall
2. Start in a seated position with feet flat on the ground and hands crossed on your shoulders or arms
3. Keeping your back and shoulders straight, rise to a standing position using your legs
4. Slowly return to a seated position

Begin with 5 and gradually work up to 15 repetitions