

OSTEOPOROSIS



General notes for Osteoporosis – Active daily living is encouraged so just doing a small walk or housework each day would be beneficial. Ensure footwear is supportive, posture is correct throughout and exercises are done in a controlled manor. Avoid high impact aerobic exercise, running or jumping. Exercise like walking, golf, cycling, and swimming are also beneficial.

| EXERCISE | TIME/LEVEL | NOTES |
|--|---|--|
| <p>Warm Up:</p> <ul style="list-style-type: none"> • Marching • Arm Swings • Arm Circles • Squats • Lunges • Marching | <p>1 minute each exercise. Repeat twice.</p> | <p>The warm-up should be gradual and slowly increase the intensity throughout. At the end you want to the whole body to feel warm, so you are ready to exercise.</p> |
| <p>Main Section:</p> <p>Round One:</p> <ul style="list-style-type: none"> • Lunge and Curl • Side Steps • Squat and Press • Star Jumps | <p>45 seconds each exercise, 15 seconds' rest. Repeat each round 4 times.</p> <p>Rest for 2 minutes before moving onto Round 2.</p> | <p>Lunge and Curl – Lunge forward and bend the arms at the elbow.</p> <p>Side Steps – Step the feet side to side, making sure the feet are lifting from the floor.</p> <p>Squat and Press – Bend the knees and flexing the hip to squat down as low as you feel comfortable, as you stand back up, raise the arms above the head.</p> |



Round Two:

- Speed Skaters
- Forward Punches
- Sprint on Spot
- Standing Climbers

Cool Down:

- Quadricep Stretch
- Hamstring Stretch
- Torso Twist
- Chest Stretch
- Shoulder Stretch

Hold all stretches for a minimum of 20 seconds on each side.

These stretches should be done lightly and not to the point of over stretching/causing discomfort.

Star Jumps – Jump the feet from neutral to each side, at the same time, raise the arms from the side to over the head, and repeat.

Speed Skaters – Hop to the side on one foot and the opposite foot comes behind and then repeat on the other side, as the rhythm picks up, the speed should increase.

Forward Punches – One hand extending in line with shoulder and alternate quickly.

Standing Climber – One knee raises up as the opposite hand reaches up then repeat on the opposite side.

Quadricep Stretch - Stand up, lift your right foot, and grasp it with your right hand. If this is too much you can hold the lower leg or shoe. Pull the foot toward your butt, hold, and repeat with the left foot.

Hamstring Stretch – Take a big step forward, make sure the leg at the front has a slight bend and the back leg is straight. You should feel this stretch in the hamstring of the back leg, if you can't feel it, bend the front leg slightly more.

Torso Twist – Start with your hands down by your side and keep your head facing forward throughout the move. Swing your arms from side to side and wrap them around the hips. The aim here is to remove any tension that may be in the back.

Chest Stretch – Place the palm of your hands on to the base of your back then look up, chest out and squeeze the shoulders blades together.

Shoulder Stretch – Bring the right arm straight out in front then bring it across the front of the body. Grab hold of the arm with your left arm so it doesn't move and pull the arm close, so you feel the stretch in your shoulder.

Training Disclaimer: As with any form of exercise there is a risk of injury that may and could occur. By following this exercise plan, you acknowledge that you are happy and fully agree to take part in this exercise routine. In addition, by following this exercise plan you agree to take part in any activities at your own risk and Derby County Community Trust will not be liable for any injuries that may occur during any session.