



Moving Safely With Low Bone Density™

Use simple body mechanics to stay active while reducing unnecessary strain on your spine.



SAFE MOVEMENT IS NOT ABOUT AVOIDING MOVEMENT

The goal is to move with strength, alignment and confidence.
Your precautions should reflect your fracture history, bone density and individual abilities.



1 LENGTHEN BEFORE YOU MOVE



Begin tall through your head and chest in your own comfortable alignment. Avoid forcing your spine into a position that does not feel natural.

2 HINGE AT YOUR HIP



Bend your knees and send your hips back instead of rounding forward from the waist. Use support when needed.

3 KEEP LOADS CLOSE



Hold groceries, laundry and other objects near your body. Divide heavy loads and avoid reaching far while lifting.



4 TURN WITH YOUR FEET



Step around to change direction instead of twisting your spine while your feet stay planted.



5 MOVE WITH CONTROL



Use smooth, deliberate movement. Avoid combining deep forward bending, forceful twisting and a heavy load.



USE THESE IDEAS IN DAILY LIFE



Getting out of bed:
Roll to your side, lower your legs and push up with your arms.



Standing from a chair:
Bring your feet underneath you, hinge slightly at the hips and press through your legs.



Reaching low:
Use a hip hinge, bend your knees or lower yourself with support.



MOVEMENTS THAT MAY NEED MODIFICATION

Repeated or loaded forward bending
Heavy lifting

Forceful end-range twisting
Movements with a high fall risk

High-impact activity



GET INDIVIDUAL GUIDANCE

Ask a physical therapist or qualified professional for help if you have spinal fractures, very low bone density, a recent fracture, significant pain or uncertainty about an activity.



Gentle Reminder

Not every movement is unsafe for every person. Appropriate modification allows many women with osteoporosis to remain active.



Martine's Midlife Wellness Tip

Practice your hip hinge when nothing is in your hands. A movement learned calmly is easier to use when the laundry basket is waiting.