



WEIGHT-BEARING EXERCISES

Weight-bearing exercises are exercise movements that are putting weight through your arms and legs. Exercises are important for people with or at risk for osteoporosis by helping to improve bone density. Here are some exercises to get you started.

BEGINNER LEVEL

WALL PUSH UPS

Start with hands against the wall and arms straight. Bend your elbows to bring your chest towards the wall while keeping your back straight. Push back up to the starting position.

- Perform 10 times
- 2 – 3 sets

HEEL RAISES

Use a chair or table for balance. Raise up on your toes and lift your heels keeping your knees straight.

- Perform 20 times
- 2 – 3 sets

3-WAY KICKING (Forward, Sideways, Backwards)

Stand with your feet together using a countertop or back of a chair for support. Kick your leg out in front of you then bring it back in. Then kick your leg out to the side and bring it back in. Finally kick it back behind you and come back to the starting point. Repeat the sequence on both legs.

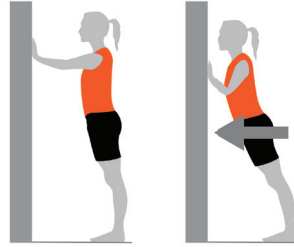
- Perform 10 times
- 2 – 3 sets

MINI SQUATS

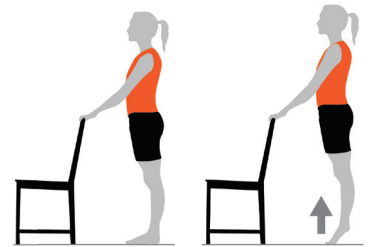
Stand at the back of a chair or a countertop. Bend your knees and reach back as if going to sit in a chair. Do not let your knees cave in or let them go forward past the toes.

- Perform 8 times
- 4 sets

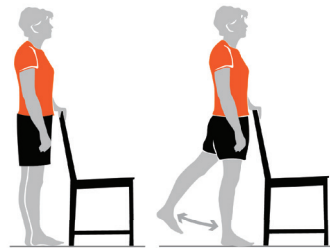
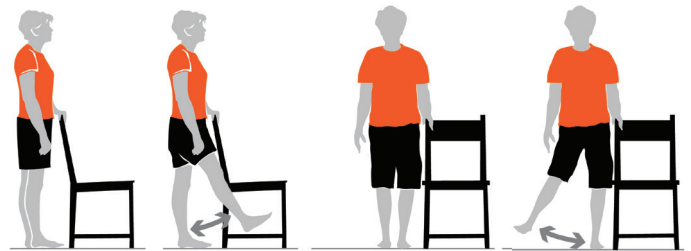
WALL PUSH UPS



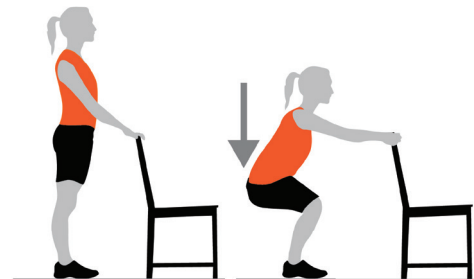
HEEL RAISES



3-WAY KICKING



MINI SQUATS



For an individualized program tailored to your specific needs, please call our office to arrange an appointment with a physical therapist.

Disclaimer: This is a general exercise program. Please do these exercises to the level of your safety and ability. It is recommended that they are done under supervision or under the direction of a physical therapist.

MODERATE LEVEL

TABLE PUSH UPS

Put your hands on a low surface that won't slide, such as a countertop or a kitchen table. Bend elbows bringing your chest toward the counter keeping your back straight. Push back up to starting position.

- Perform 10 times
- 2 sets

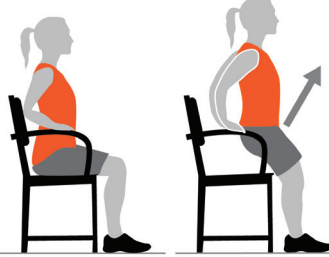


CHAIR DIPS

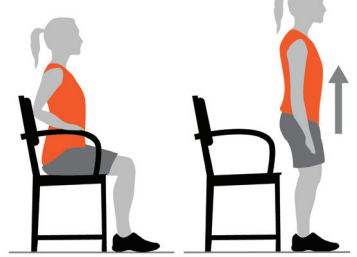
Sitting in a chair, put hands on the arm rests. Lift your rear end up from the seat without using your legs to help.

- Perform 10 times
- 3 sets

CHAIR DIPS



SIT TO STANDS



SIT TO STANDS

Sitting in a chair, stand up from the chair using your arms as needed. Sit down slowly without "plopping" into the seat. To make this more difficult, try to not use your hands.

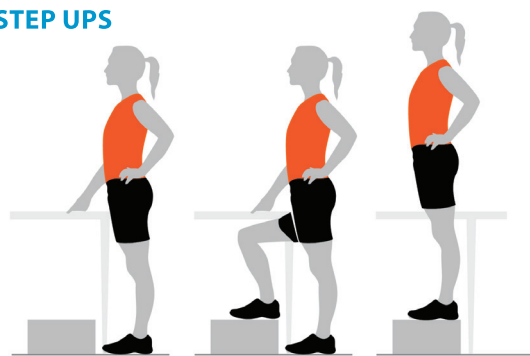
- Perform 10 times
- 3 sets

STEP UPS

Using a railing for support, raise one foot up onto a step. Next, bring the other foot up to meet it. Step down slowly. Repeat starting with the other leg.

- Perform 10 times for each leg
- 2 sets

STEP UPS



ADVANCED LEVEL

MINI FRONT PLANK

Lying on your stomach bend your knees and prop up on your elbows. Keep your waist off the bed. Hold this position while keeping your back straight. To make this more difficult, prop on your toes with straight legs, instead of on your knees.

- Hold for 15 - 30 seconds
- Perform 2 - 3 times

MINI FRONT PLANK



MINI SIDE PLANK

Lie on your side with knees bent. Prop up on your forearm lifting your hip away from the ground. To make this harder, prop on your feet with your knees straight.

- Hold for 15 - 30 seconds
- Perform 2 - 3 times

MINI SIDE PLANK



KNEELING ARM AND LEG LIFT

Start in a crawling position. Raise arm out in front of you keeping back straight. Hold for 3 seconds. Drop arm to start position. Next raise leg out behind you without twisting and keeping your back straight.

- Perform with each arm 10 times
- Perform with each leg 10 times
- To increase difficulty, try lifting arm and opposite leg together

KNEELING ARM AND LEG LIFT

