

Body Language

A Ten Minute Guide To Stronger Bones Exercises For People With Osteoporosis

Welcome to O'Connor Hospital! We are dedicated to providing comprehensive, excellent healthcare that is attentive to the whole person: body, mind and spirit. Understanding how your body works and learning to "listen" to your body can decrease pain and help you stay active. The Body Language courses are designed to assist you in this process.

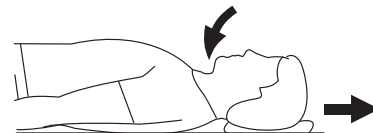
There are hundreds of exercises that can be used to strengthen and improve or maintain bone density. These exercises have been selected because they are effective, easy to do and focus on important muscular structures and postural alignment. As you perform these exercises, you will feel some stretching, but it should not be painful. If you are experiencing pain, check with your physician or physical therapist before continuing to do these exercises. This exercise routine will take about 10 minutes to complete. A brief walk is a good warm-up.

When you have osteoporosis, there are two important guidelines to follow as you perform any exercises:

- 1) Avoid exercises that bend (flex) or twist your spine. Example: **No sit-ups!**
- 2) Every exercise should be performed with good postural alignment: Picture a string attached to the crown of your head pulling you up tall-head over shoulders, shoulders over hips, chest up, spine long.

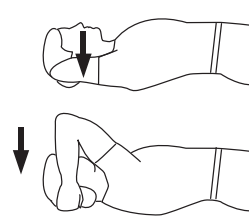
Chin Tuck

Lie on your back with your knees bent, your feet flat on the floor and in line with your hips, your arms resting at your sides. Inhale, tuck your chin and elongate your spine. Hold for 3-5 seconds. Exhale and relax. Repeat 10 times.



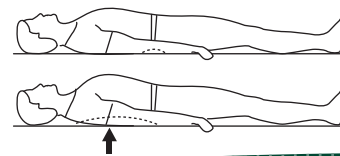
Elbow Press

Lie on your back with your knees bent, your feet flat on the floor and in line with your hips, your hands behind your head. Press your elbows towards the floor so that you feel a stretch in your chest as your back muscles are working to hold the position. Hold for 3-5 seconds. Repeat 10 times.



Thoracic Lift

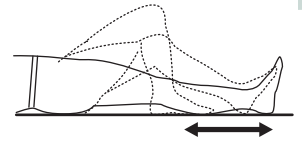
Lie on your back with your knees bent, your feet flat on the floor and in line with your hips, your hands resting at your side. Inhale as you arch your upper back away from the floor, lifting your chest up. Hold for 3-5 seconds. Exhale and relax. Repeat 10 times.



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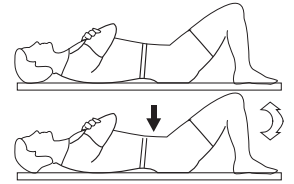
Leg Extensions

Lie on your back with your knees bent, your feet flat on the floor and in line with your hips, and your hands relaxed by your side. Slowly straighten one leg, stretching it to its full length. Repeat with the opposite leg, each time trying to lengthen your leg a little farther. Repeat 10 times each leg.



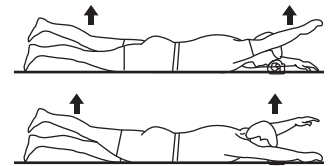
Transverse Abs Marching

Lie on your back with your knees bent, your feet flat on the floor and in line with your hips, your hands resting at your side. Inhale. Exhale, draw your belly button towards your spine, then lift and lower one knee. Inhale and relax. Exhale and repeat with other leg. Try to keep your hips and back still while only your leg moves. Repeat 10 times each leg.



Swimmers Extension

Lie on your stomach with your arms over your head. If you have difficulty lying on your stomach, try putting one or two pillows under your hips to support you. Start by drawing in your stomach muscles to support your spine. Raise one arm off the floor, hold for 3-5 seconds and lower it. Repeat with the opposite arm. Now raise one leg off the floor, hold for 3-5 seconds and lower it. Repeat 10 times with each limb. Advanced Exercise: Raise opposite arm and leg at the same time.



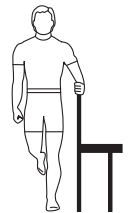
Shoulder Blade Squeeze

Sitting or standing, start with good postural alignment- think tall! Now squeeze your shoulder blades together and hold for 3-5 seconds. Relax but keep your posture tall. Repeat 10 times.



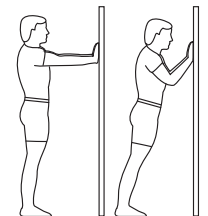
Single Leg Standing

Stand with a chair or counter on one side for balance. Start with tall posture and stomach muscles drawn in. Lift one leg off the floor, trying to balance for 15 to 30 seconds. Use your hands for support only as needed. Work towards not using your hands at all.



Wall Push-ups

Stand facing a wall, with palms flat against the wall, tall posture and your stomach muscles drawn in. Slowly bend your elbows, while keeping your body straight as a board. Now press up, making your elbows straight. Repeat 10 times.



Walking

KEY: Walk tall! Start with a comfortable time or distance, and then add 5 minutes each week until you can walk 30-45 minutes.

From 101: Take 101 to 880 South. Take the Bascom Avenue exit. Turn left on Bascom. Turn right on Naglee (which becomes Forest). The hospital is located at 2105 Forest Avenue.

From 280 North: Take 280 to 880 North. Take the West San Carlos exit. Turn left on Di Salvo and you will see the hospital, which is located at 2105 Forest Avenue.

From 280 South: Take 280 to 880 North. Take the Bascom Avenue South exit. Turn right on Naglee (which becomes Forest). The hospital is located at 2105 Forest Avenue.

Parking: Long-term parking is available behind the hospital. Short-term parking is available in front of the hospital. Free valet parking is available for our guests.

Bus Routes: Lines 23 and 36

