

EXERCISE Weight-Bearing



Why is exercise an important bone health protection strategy for *long term care residents*?

Because ...

Walking and weight-bearing exercises can improve residents' balance, muscle strength, physical endurance, body posture, bone mass, and reduce pain and the risk for future fracture.

Preventing falls in residents with fragile bones is important as they are more likely to break a bone if they fall.

1. What kind of exercises are best?



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For residents who are mobile and can weight bear, beneficial exercise programs should focus on resistance, strengthening, balance, coordination and postural exercises. Take

every opportunity to encourage residents to walk to their meals and activities.

2. What about those who can't weight-bear?

Resistance and strengthening exercises such as using free weights are beneficial.

3. What about those with kyphosis?

*Residents with **kyphosis** (a stooped posture or hunched back) have suffered numerous compression fractures in their spine.*

Their centre of gravity shifts and affects their balance and walking. Walking aids may add stability. Encourage

these residents to walk to their meals and activities.



MAKE NO BONES ABOUT IT

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