

American Bone Health is a national nonprofit organization dedicated to educating people about bone health and fracture prevention.

Exercises for Bone Health

Follow these simple exercises to improve your posture, strength and balance. Try to incorporate something into your daily routine.



1. Sit to Stand / Stand to Sit

To strengthen the hips and thigh muscles and promote the ease of getting up.

- With feet shoulder width apart, sit on edge of chair.
- With your feet in front of your knees, stand up.
- Keeping back straight, stick out your rear end, begin to sit by hinging forward at the hip.
- Lightly touch your rear end to the chair and then stand up again.

Repeat 8 times.



2. Standing Hip Abduction

To increase hip strength and promote good balance.

- Use a chair to steady yourself, if needed.
- With knee straight and toes pointed forward, raise leg to the side.
- Hold for a count of two.
- Slowly lower your leg.

Repeat 8 times with each leg.



3. Standing Hip Flexion

To increase hip strength and range of motion.

- Use a chair to steady yourself, if needed.
- Keeping upper body tall, lift your knee until your thigh is parallel to the ground.
- Hold for a count of two.
- Slowly lower your leg.

Repeat 8 times.



4. Standing Hip Extension

To increase hip strength & range of motion.

- Use a chair to steady yourself, if needed.
- Keeping knee straight, raise your leg backwards with heel pointed.
- Hold for a count of two.
- Slowly lower your leg.

Repeat 8-10 times each leg.



5. Toes & Heels

To increase ankle strength & range of motion.

- Use a chair to steady yourself, if needed.
- With feet hip-width apart, stand up on to the balls of your feet.
- Lower slowly so that your feet are flat on the floor, then lift your toes so that you are on your heels.
- Lower your toes back down and relax.

Repeat 8 times.



6. Cervical & Thoracic Extension

To increase upper-back strength & improve posture.

- Stand with feet hip-width apart.
- Tucking chin in (not down), press shoulders back and squeeze your shoulder blades together.
- Breathe and feel an elongating in upper spine.
- Relax.

Repeat 8 times.



7. Standing Y

To stretch the front of the chest and improve posture.

- Stand with feet hip width apart.
- Cross hands in front of body.
- Raise hands over head with thumbs pointing backwards.
- Lower slowly.

Repeat 8 times.



8. Standing W

To stretch the front of the chest & improve posture.

- Stand with feet hip width apart.
- Begin with arms at shoulder level, elbows bent and hands pointed upward.
- Squeeze your shoulder blades together while pressing arms back and down into a "W" shape.
- Hold for a count of three.

Repeat 8 times.



9. Standing T

To stretch the front of the chest & improve posture.

- With arms at shoulder level, squeeze shoulder blades together while pulling arms behind.
- Return to starting position.

Repeat 8 times.

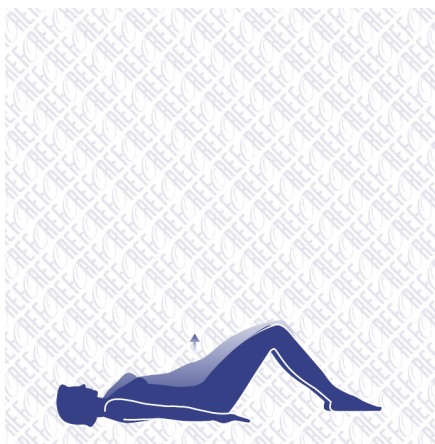


10. Squats

To improve upper thigh strength & promotes the ease of getting up.

- Stand with feet hip-width apart.
- Keep back straight, hinge forward at the hip and sticking rear-end out.
- Lower body as far as comfortable while keeping your knees behind toes.
- Hold this squat position for a second and straighten up.

Repeat 8 times.

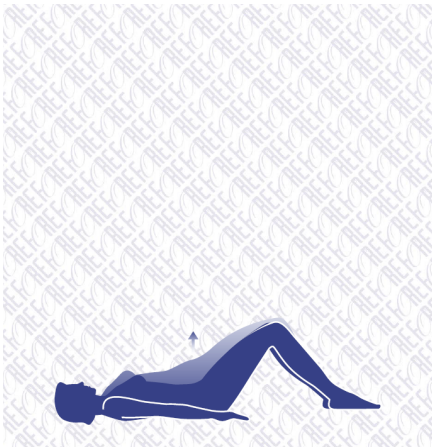


11. Pelvic Tilt

To engage stomach muscles & strengthen the back.

- Lie on back with your knees bent and arms relaxed at sides.
- Pull belly button down into the floor to flatten lower back. Use stomach muscles and not legs.
- Hips will rotate forward but should not rise from the floor.
- Hold for a count of five.

Repeat 8 times.

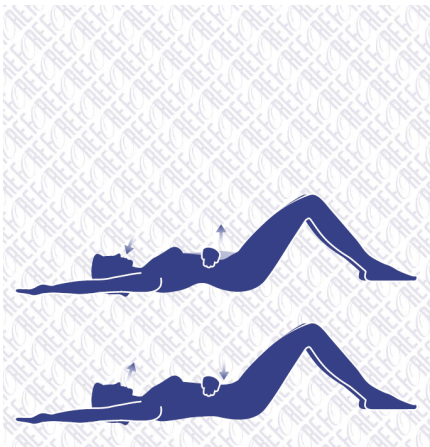


12. Pelvic Tilt with Diaphragmatic Breathing

To increase stomach strength & support the back.

- Place one hand on abdomen. Do a Pelvic Tilt (# 9).
- While holding the Pelvic Tilt, breathe from diaphragm.
- Feel your hand move up and down. This indicates that you are breathing correctly.
- Take 5 breaths while maintaining the Pelvic Tilt.

Repeat 3 times.

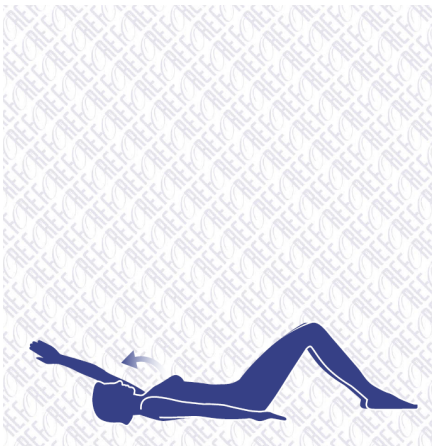


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Repeat 3 times.



13. Pelvic Tilt with Arms

To strengthen stomach muscles & to support the back.

- Do a Pelvic Tilt (see # 9).
- While holding the Pelvic Tilt and keeping back flat on the floor, raise arm up and over head.
- Lower arm.

Repeat 5 times alternating each arm.

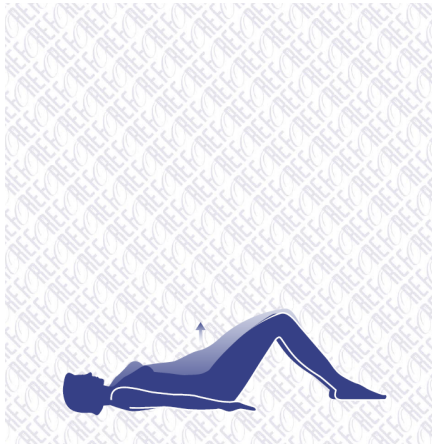


14. Pelvic Tilt with Arms Behind Head

To stretch chest & shoulder muscles & improve posture.

- Do a Pelvic Tilt (see # 9).
- With holding Pelvic Tilt position, place hands behind head and stretch elbows down toward the floor.
- Stretch arms only as far as you are able to maintain the Pelvic Tilt.

Repeat 8 times.



15. Bridge

To improve hip & trunk strength.

- Do a Pelvic Tilt (see # 9).
- While holding Pelvic Tilt, raise hips enough to clear the floor.
- Hold for a count of five.

Repeat 8 times.