

BONE HEALTH TIPS

By: Danielle Angulo, SPT

Nutrition

Nutrition is a significant factor in bone health that should be intentionally considered in those diagnosed with osteoporosis. Foods rich in calcium, vitamin D, and other nutrients can be found in a well-balanced diet of dairy, fruits, fish, and vegetables. Those with osteoporosis need to get the appropriate amount of these nutrients daily. If they are unable to, the use of supplements can be used to make up the deficit.

The mineral calcium is needed to build/maintain bone/teeth strength. Calcium cannot be made by the body and must be taken in through nutrition. Foods with the highest amount of calcium are leafy greens, sardines/salmon, ricotta/American cheese, whole milk, yogurt, almond/rice/soy milk (fortified), fruit juices (fortified), tofu (fortified), and frozen mac & cheese. Vitamin D helps the body absorb and use calcium. There are two types of Vitamin D: Vitamin D2 and D3, which are good for bone health. Vitamin D can be taken in through sunlight, supplements, and food (salmon, tuna, orange juice, and other fortified products).

Some foods, such as alcohol, caffeine, and soft drinks, should be avoided or limited because they can interfere with calcium absorption and lead to bone loss. Heavy drinking of alcoholic beverages, caffeine, and soft drinks should be limited.

Women's Recommended Calcium Intake	
< 50 years old	1,000 mg daily
> 51 years old	1,200 mg daily

Men's Recommended Calcium Intake	
< 70 years old	1,000 mg daily
> 71 years old	1,200 mg daily

Adult's Recommended Vitamin D Intake	
19-70 years old	.015 mg daily
> 71 years old	.02mg daily

Exercise

It is important that those diagnosed with osteoporosis exercise routinely to maintain or improve balance, flexibility, and strength. Strengthening the body's back, abdominals, and gluteals and improving flexibility will help maintain an upright posture and maintain height. Improving balance can prevent falls that can cause bone fractures (breaks).

Impact exercises will stimulate new bone to be laid down in the body and maintain or improve bone health. Exercises such as running and jumping are considered high-impact exercises that should be reserved for those in the early stages of osteoporosis and only as advised by your doctor or physical therapist.

Posture

Those diagnosed with osteoporosis are at risk for vertebral compression fractures occurring in their spine. These fractures can cause changes in a person's posture. Their spines will begin to curve forward into a hunched/rounded posture called kyphosis. The front of a person's body will shorten while the back of a person's body will become stretched out. This posture can cause pain and may cause difficulties with eating and breathing due to decreased space.

Those diagnosed with osteoporosis should avoid rounded postures and activities that involve rounding their spine to prevent possibly causing a vertebral compression fracture. It is essential to use proper body mechanics to avoid rounding the spine when completing everyday tasks. Exercises such as sit-ups, crunches, or roll-ups in yoga are examples of exercises to avoid. Many other exercises can replace these and target the same muscle groups.

Physical Therapy

It is recommended that those diagnosed with osteoporosis see a physical therapist. A physical therapist can assist in creating an exercise plan that will address deficits in balance, posture, strength, flexibility, and body mechanics. Once established, this exercise plan can be completed at home to maintain or improve the condition. Physical therapists can be seen periodically to reassess the current condition and adjust the home exercise program to be more relevant to the person at the time.

Other Osteoporosis Resources

Bone Health & Osteoporosis Foundation



Physical Therapy for Prevention and Treatment of Osteoporosis - Melio Guide



525 North Switzer Canyon Drive
Flagstaff, AZ 86001

FLAGSTAFF
BONE & JOINT
ORTHOPAEDIC EXCELLENCE. EXCEPTIONAL CARE.

www.flagstaffboneandjoint.com | (928) 773-2280

Flagstaff Bone & Joint complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.