

# Lakeview Community Wellness Center Orthopaedic Connection

## How To Keep Bones Strong Longer

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### *Transforming patient information into patient understanding.*

Last week I was talking about lower bone density (osteopenia), bone density testing and some recommendations.

Half of all women over age 50 end up having a fracture of something (hip, wrist, vertebra, etc.) as a result of low bone density.

### **Weight Bearing and Resistance Exercise**

Today I am concentrating on one part of the approach to treating low bone density. It is a way to help you maintain the bone you have.

Weight bearing means just that, you have to be walking. Most people sit way too much. If a chair or something to sit on is available, most people head for it.

If you are not accustomed to exercising you should start slowly.

If you already do a lot of walking during the day, you are already doing the weight bearing part.

It is recommended that you get 30 minutes of walking exercise each day and at least 5 out of 7 days each week.

It would not be a good idea to begin walking 30 minutes a day if you are not used to doing it. Build up slowly adding a few minutes each time you do it.

Walking loads your hips and your spine. O.K, what else?

### **Resistance Training**

Resistance training is simply exercises that pull on your long bones from different directions.

Resistance training includes:

- Elastic resistance therabands
- Dumbbells
- Weight machines
- Your own body weight

Start with a level or resistance that enables you to do 10 repetitions with the feeling that the last 2 are somewhat more difficult to do. Gradually increase the resistance so as not to plateau.

### **Good Advice**

Resistance training needs to be done correctly and one program doesn't fit everyone. It is wonderful and ideal if a person can spend one or two sessions with a physical therapist, trainer, exercise professional or anyone who has some knowledge about the stuff more than you do.

That way you can learn correctly which exercises to do, how many reps, how often, etc.

Extra credit would be to add knee to chest stretches and lumbar extension exercise.

### **The Combination**

So you have learned last week and this week that it is possible to keep bone (and muscles) strong longer. It's very important to know where you are starting out. That's where the bone density test comes in.

Walking and resistance training together (the combination) are something everyone can do to help themselves. No one can do it for you.

What are you waiting for? It is still early in the year. Make a resolution to walk 30 minutes 5 days a week and start resistance training.

You can do this!

Please remember that anyone can make an appointment to see Dr. Haverbush at his office in Alma, at 315 Warwick Dr., across from Gratiot Medical Center. Call 989-463-6092 to make an appointment.

And don't forget every article I have written for Lakeview Area News is on my Website, [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). Check it out. I specialize in you.

Be well.

Dr. Haverbush