

Figure 1.

TYPE OF EXERCISE PERFORMED AND INCIDENCE OF VERTEBRAL COMPRESSION FRACTURE TWO YEARS AFTER INITIAL FRACTURE

- Flexion - 89% Fracture
- Extension - 16% Fracture
- No exercise - 67% Fracture
- Flexion and extension - 53% Fracture

(from **Sinaki, M. and Mikkelsen, B. A.** "Postmenopausal spinal osteoporosis: flexion versus extension exercises," *Arch Phys Med Rehabil*, 65, 1984)

Figure 2.

SAMPLE EXTENSION AND POSTURE EXERCISES



OSTEOPOROSIS - ³2 Shoulder Pinches—Pinch shoulder blades together. Hold ~~10~~ ³ seconds while counting out loud. REPEAT: ~~5~~ ³ Times ~~3~~ ³ Times A Day



OSTEOPOROSIS - 6 Back Archer—Clasp hands at lower back while pulling hands away from back. Hold 5 seconds. REPEAT: ~~5~~ ² Times ~~2~~ ³ Times A Day.



OSTEOPOROSIS - 1 The Body Extender—Extend arms over head or as far as possible. Push entire body into the bed. Count out loud for 10 seconds while pushing. Relax for 10 seconds. REPEAT: _____ Times _____ Times A Day.

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