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Osteopilates: Increase Bone Density, Reduce Fracture Risk, Look and Feel Great

Karena Thek Lineback

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Fractures that occur during exercise leave most people thinking that they have only strained their backs or overdone an exercise. In some cases, many tiny fractures can develop before a person sees a doctor about increasing back pain. The more tiny fractures that accumulate, the greater the deformity of the spine. Karena Thek Lineback has devised a plan to make sure this does not happen to you. The four-part plan consists of: Safe movement for exercise and everyday living. Postural awareness. Diet. Medication. In this book, you will find safe movement guidelines and an entire exercise program of OsteoPilates designed to be safe for those with osteoporosis, to help you greatly reduce your risk of injury or debilitating fracture. You will also find all the nuts and bolts of osteoporosis information necessary to combat this crippling condition. You ll learn what causes osteoporosis (perhaps you have a habit that is decreasing your bone density right now!), the effect menopause has on bone density, what dietary habits will help improve bone density, and which medications are available for increasing bone density. There is much you can do to prevent osteoporosis and to decrease the negative effects low bone density can have on your life and well-being. OsteoPilates tells you what to do and how to do it.

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