

Try **Physical Therapy FIRST**

by Phyllis Quinn, P.T.



Targeting Bone Density

Osteoporosis is a common condition involving loss of bone mass, affecting more women than men. This painless condition is diagnosed through a bone density test. Weight bearing and resistant exercise play an important role in strengthening bones. As demands are placed on bones, they become stronger and more dense, the result being growth of bone tissue. Walking and stair climbing are great exercises for the legs and feet. Bones of the arms and wrists respond well to the use of weights or resistance bands. Swimming and riding a bike are wonderful exercises but do little for bone mass or density. If you do have osteoporosis, you should not engage in jogging or high impact aerobics. With osteoporosis it is important to do the proper type and amount of exercise to avoid the risk of vertebrae fractures. Weight bearing exercises should be performed at least three to five times per week, with the goal being to work up to 45 minutes or more per session. It is wise to consult a health professional experienced with osteoporosis before embarking on any new exercise regimen.

To schedule a consultation, call Physical Therapy Services of Guilford, LLC, where we evaluate and treat a variety of health issues. If you find yourself in need of therapy, call us at 203-315-7727. Our clinic is conveniently located at 500 East Main Street, Suite 310, in Branford.

**If you need to schedule an appointment, please call
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