

# Osteoporosis Program



The Osteoporosis program is a two part (individual and small group) health and wellbeing exercise program specifically designed through the use of diet and exercise to maintain and improve bone mineral density, muscle mass, balance and body composition. To provide motivation and feedback, body composition changes will be assessed using a Dual Energy X-ray Absorptiometry (DEXA), which is the gold standard for monitoring body composition. The DEXA will be performed at the beginning and end of the program.

The individual component enables the participant to gradually ease into the program on an individual basis with a qualified and experienced exercise physiologist and dietitian. This allows us to gather important medical history, which enables us to design a personalised program for the participant.

The group component then progresses the participant to be more independent and in control with small group sessions fully supervised by an exercise physiologist. The program will involve progressive weight bearing aerobic exercise, high impact exercise such as jumping and resistance training to improve bone mineral density, muscle mass and strength. Balance training will also be incorporated into your program to improve balance, mobility and fear of falling. Continuous progression in the program is a critical element in exercise prescription for bone health; if this progression stops then so does adaptation in the bone and muscle. These exercises have shown to improve the major primary risk factors for osteoporotic fracture in middle-aged and older adults more effectively than other forms of exercise.

## Program Benefits

- Increasing Bone Mineral Density
- Improvements in muscle mass and strength
- Improve balance, mobility and coordination
- Reducing the risk of falls and subsequent fractures

## State of the Art Facility and Equipment

At the Vario Wellness Clinic we have state of the art equipment with testing capabilities including:

- DEXA bone density and body composition scans
- Neurocom Balance Testing
- Resting Metabolic Testing
- Strength Testing

Medicare rebates may apply if referred by a GP. Some health insurance companies also provide rebates. Please discuss with your GP or Health Insurance Fund.

## To make an appointment or find out about our costs, please contact:

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